Vancouver metro

MONDAY, OCTOBER 19, 2015

STARTING TODAY AT 3:30pm

news

ELECTION NIGHT SPECIAL

LIVE

COMMERCIAL-FREE

Only at Sephora

Pacific Centre

MAKE UP FOR EVER PROFESSIONAL – PARIS

Kat Von D

Too Faced

fresh

OLE HENRIKSEN

SEPHORA

SPROTT SHAW COLLEGE SINCE 1903

FIND YOUR PASSION

AND YOUR PURPOSE WITH A CAREER IN HEALTH:
SPROTTSHAW.COM

• PRACTICAL NURSING
• HEALTH CARE ASSISTANT
• COMMUNITY SUPPORT WORKER

Vancouver metro

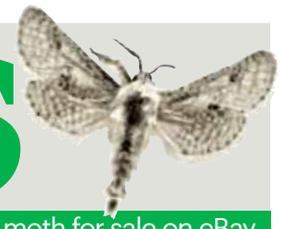
Your essential daily news | MONDAY, OCTOBER 19, 2015 High 13°C /Low 9°C Rain

GET OUT AND...

The federal election is upon us

Ready to engage Time for Canadians to have their say. Coverage, pages 3, 4, 5, 6, 8, 9 & 14

metro NEWS
Your essential daily news



Naming rights to a new moth for sale on eBay.

Vancouver councillor peddling bike licensing

CITY HALL

Motion designed to make cyclists accountable

Emily Jackson
Metro | Vancouver

A Vancouver councillor wants to create a bicycle licensing program to make it easier to identify cyclists and hold them accountable if they disobey the rules of the road.

Non-Partisan Association Coun. Melissa De Genova will introduce a motion at council this week asking staff to report back on a potential licensing system that would include visible identification on bicycles.

It's not clear what a system would look like or how much it would cost to manage, but De Genova believes it's only fair to license bikes because they have the same rights as cars under the Motor Vehicle Act, according to a Sunday news release.

"With more bikes on the road, incidents involving cyclists and pedestrians, and incidents involving cyclists and vehicles, are becoming more frequent. We need to address that," she said in the statement.

De Genova also believes a bike licensing program would help police return stolen bikes to their owners. She called it a "win-win" in a city where more than 2,000 bicycles are stolen annually.

A man cycles along the seawall in Vancouver. Coun. Melissa De Genova calls her proposal to create a bicycle licensing program a "win-win", keeping all road users accountable and making it easier for police to return stolen bikes. JENNIFER GAUTHIER/METRO

De Genova's motion is in response to an October incident where a cyclist rolled through a stop sign in Kitsilano, got into a conflict with a woman who is five months pregnant, allegedly knocked her over with his bike and left the scene. The woman's account of the incident went viral on Facebook. The cyclist came forward to police with a different version of events and an investigation is ongoing.

A LOOK AT THE ISSUE ELSEWHERE

Other Canadian cities, including Toronto and Ottawa, have recently considered and rejected bike licensing programs. Toronto used to have a licensing scheme, but killed it in 1957. It refused three times to resurrect the idea because it is too costly to maintain and create a database, would be difficult to create a licence that applies to children, and is not as effective as education.

American cities including Los Angeles, Houston and San Jose introduced licensing programs that were largely ignored, collected limited revenue and were not enforced by the police.

Honolulu, however, seems to have created a successful bike licensing system. It charges a $15 tax at the time of purchase for bicycles with wheels larger than 20 inches. The cash goes into a fund to improve bikeways.

QUEEN ELIZABETH PARK

Love locks sculpture proposed

Queen Elizabeth Park is set to become a destination for romantics who are fans of the worldwide love locks trend.

A Vancouver park board report recommends the park as the best location for a love locks sculpture even though English Bay beach park was the preferred location in a public consultation of more than 2,000 people.

The park board decided earlier this year to build a sculpture where people can affix padlocks symbolizing their undying love after the city unceremoniously chopped off unsanctioned love locks from the fence on the Burrard Bridge citing structural reasons. It vowed to consult the public on the best location.

But park board staff don't recommend putting love locks at the extremely busy beach because of fears people will throw their keys on the sand or in the ocean, leading to "conflicts with bare feet, dogs and wildlife who may ingest the keys," according to the report. Kitsilano Beach was dismissed for the same reason.

The report also states initial discussions with First Nations found the beach is not a suitable location for archeological reasons and notes there's already public art at the beach (the Inukshuk and Amazing Laughter).

If the park board approves the report on Wednesday, staff will start searching for an artist to design the sculpture for Queen Elizabeth Park.

EMILY JACKSON/METRO

LIVE NOW.
PAY LATER.†

$0/$0/0%
Down Payments Interest

LASIK MD VISION

Starting at $490/eye*

Book a free consultation
at 1-855-301-2020 or lasikmd.com

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK/Custom All Laser procedures (including Laser PresbyVision) for both eyes. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Additional fees may apply. Special LASIK financing at $490 per eye and Custom LASIK at $990/eye. Other conditions may apply.

Metro surveyed 85 local candidates about the most important issues in this election. Here are some of their most commonly used words. MATT KIELTYKA/CREATED ON WORDLE.NET

What the candidates value most

ELECTION

Economy and affordability top issues in Metro survey

Matt Kieltyka
Metro | Vancouver

The economy is the most important issue facing Metro Vancouver ridings, according to nearly 30 per cent of local candidates.

As part of Metro's ongoing election coverage, we asked candidates in 26 local ridings what the most important issues facing their community is during the federal election.

The 85 candidates who responded to our request (representing the vast majority of the region's Conservative, Green, NDP and Liberal nominees) expressed concern over a wide range of issues of both national and local significance.

The safeguarding of agricultural lands in Langley, rail safety in White Rock, coal export in New Westminster and traffic in North Vancouver were among the pressing local issues candidates hope to prioritize. Others took issue with Bill C-51, expressed a desire to oust the ruling Conservatives and said pipeline projects are a worry in their ridings.

But above all, two issues kept coming up over and over again as we received submissions from local candidates.

According to nearly 30 per cent of local candidates surveyed by Metro, including 64 per cent of local Conservatives and 35 per cent of local Liberals, the economy is the biggest issue facing local voters.

Affordability — especially housing prices and cost of living — was the second most-cited issue by Metro Vancouver candidates, with 21 per cent saying it is the most important issue in their riding. It was the top answer among NDP candidates, representing 43 per cent of their responses.

Not surprisingly, most Green Party candidates listed the environment as the top issue in their riding, followed by democratic reform, with a three-way tie for third between affordability, economy and transportation.

How do the candidates line up with voters?

According to an Insights West poll released Sept. 23, 41 per cent of Metro Vancouver residents also identified the economy as the top issue in the federal election, followed by government accountability (16 per cent), housing/poverty/homelessness (11), health care (8), the environment (9), and public safety (5).

THE TOP ISSUES, BY PARTY

Conservatives
1. Economy
2. Public safety
3. Transportation

NDP
1. Affordability
2. Change of government
3. Health care

Liberals
1. Economy
2. Affordability
3. Change of government

Greens
1. Environment
2. Representation
3. Affordability

FATBURGER
Since 1952

Fatburger
JOB FAIR!

Wednesday, October 21
11 am - 6 pm
Holiday Inn Express Metrotown
(4405 Central Blvd. Burnaby)

Get a job that rocks! Now hiring for
5 locations in the Vancouver Area.

Shift Leaders • Grill Cooks • Cashiers • Kitchen Help
Full & Part Time Positions Available

Come work for the best burger joint in Western Canada.
We offer: Great Pay, Tips, Paid Training & Flexible Schedules
in a fun, fast paced environment!

IF YOU'RE
AWESOME
PLEASE APPLY

(If you're not, maybe try down the street)

NDP Leader Tom Mulcair speaks to supporters at a campaign rally Saturday in Burnaby, B.C. Canadians will vote in the federal election today. RYAN REMIORZ/THE CANADIAN PRESS

Leaders visit city for election blitz

ELECTION 2015

Expert says the choice of location is not a coincidence

Matt Kieltyka
Metro | Vancouver

The three-way race for control of Parliament played itself out in Metro Vancouver ridings this weekend, as Stephen Harper, Justin Trudeau and Tom Mulcair all hosted rallies here ahead of Monday's election. University of British Columbia political scientist Richard Johnston said it's no coincidence the leaders chose the Lower Mainland for their final campaign blitzes.

"This is one of the most competitive (battlegrounds) in the country, if not the most competitive," said Johnston. "All three parties are in the mix. This is a place of historical strength for the Conservatives, of historical strength for the NDP, and the Liberals are riding the wave (of popularity and support in the polls)."

Of B.C.'s six new ridings (totaling 42 in all) up for grabs, five are in the Lower Mainland.

Polls also show ridings such as Vancouver Granville and Burnaby North-Seymour as close three-way battles, so it makes sense all parties spent their final hours of campaigning where support is needed most, Johnston said.

Mulcair was the first to drop-in, holding an event in Burnaby before a rally with thousands of supporters in Vancouver on Saturday featuring performances from the likes of local indie star Dan Mangan.

The two front-runners in the polls chose to spend their last day campaigning in B.C.

After stops in Edmonton and Calgary, Trudeau — who has played up his British Columbian roots in targeting campaign advertisements in the province — touched down in Vancouver and attended two final rallies in Surrey and North Vancouver.

Prime Minister Stephen Harper followed suit, attending an event in Abbottsford Sunday evening as the Conservatives tried to shore up their strong support in Vancouver's outlying suburbs.

Just because there are so many key ridings in the region doesn't mean there aren't battles being fought throughout the country, Johnston cautioned.

CRIME

Man arrested in 'bait bike' theft

Thandi Fletcher
Metro | Vancouver

A 37-year-old man is facing theft and mischief charges after allegedly stealing a so-called "bait bike" set up by Vancouver police to catch bicycle thieves.

At about 8 p.m. Thursday, Vancouver police officers locked up two bait bikes to racks on Pender Street and Dunsmuir Street.

Within an hour, police said a man started showing interested in the bike on Dunsmuir Street. After a few minutes, he walked up to the bike, removed the lock in about 10 seconds and rode away, police said.

Officers quickly caught up with the man and arrested him, police said.

Const. Brian Montague, spokesman for Vancouver police, said the bait bike program, which has been in existence for several years, is successful in catching many bike thieves every year.

"We want to diminish the risk of having someone's bike stolen," Montague said in a news release, "and remind potential thieves that the next bike they are thinking of stealing may belong to the police."

More than 2,000 bikes are stolen in Vancouver every year, according to police.

Police also recover more than 1,000 bikes a year that cannot be reunited with their owners, as their serial numbers have not been reported to police, said Montague.

He urged bike owners to record their serial numbers so police can easily and quickly return stolen bikes that are recovered.

Riding Profile: Cloverdale-Langley City

ELECTION 2015 Metro looks at ridings across the Lower Mainland to find out what candidates think are the biggest issues and why people should vote for them

ON THE RECORD

Metro asks the candidates

Population: 100,318

Also running:
Rebecca Smith, NDP
(did not respond by Metro's deadline)

Candidates' comments have been edited for length

Dean Drysdale — Conservative

CONTRIBUTED

What is the most important issue in your riding?
Crime is the No. 1 issue in the riding. People are tired of seeing the criminal justice system put the rights of criminals first. The Conservative government has taken steps to put the rights of victims first. We want to see dangerous and habitual criminals off the streets where they can no longer hurt people. Transportation is also an important issue. The Conservative government has recently committed to a one-third cost share of the proposed ALRT line which would link Langley and Cloverdale to the SkyTrain in Newton.

Why should people vote for you?
As a Conservative, I believe that most people know better how to spend their money than government does, and that we should keep taxes low so that more money stays in the pockets of the people who have earned it. Low taxes also create the environment in which businesses will invest and create jobs. We want to grow an economy where everyone can find meaningful work and get ahead.

Scott Anderson — Green

CONTRIBUTED

What is the most important issue in your riding?
Cloverdale–Langley City needs decent public transit. Langley is terra incognita as far as TransLink is concerned. Long-promised SkyTrain lines never materialized, and bus service is inadequate. The answer is a light-rail passenger service. A diesel train running every 20 to 30 minutes along the existing Interurban right of way could be built for a fraction of the hundreds of millions that another SkyTrain line would cost. A service between Chilliwack and Scott Road Station would cost a mere $500 million (including stations and cars) compared with $2.4 billion for the Canada Line and $1.4 billion for the Evergreen Line.

Why should people vote for you?
I can make a promise that no other candidate can: I will represent my constituents, not a party machine. MPs for the larger parties end up being sock puppets for the leaders and their particular ideologies. The Green Party is free of ideologues and caucus coercion, so a vote for me is a vote for you and your concerns. The only way to return Canada to democratic rule is to elect candidates that respect democracy and the rule of law. As your MP, I will work to debunk the fiction that economic growth must come at the expense of the environment.

John Aldag — Liberal

CONTRIBUTED

What is the most important issue in your riding?
Across the community — with 26,000 doors knocked and 1,000 kilometres walked over the past year — the residents of Cloverdale-Langley City have indicated to me that their top issue is the rising cost of living and the stagnation of income levels. Everything is going up but wages. Families are struggling, which is why I'm proud to promote the Liberal Party of Canada's platform that will help families get ahead. Our investments in infrastructure will create growth while the Conservative and NDP pledges to balance the budget immediately will stall growth.

Why should people vote for you?
I've dedicated my entire adult life to public service, with 32 years in the public sector. I listen, I engage and I bring diverse interests together to find solutions to issues. As the future MP for Cloverdale-Langley City, I will continue to demonstrate these traits in the pursuit of improving our communities. I know the environment and economy must work together. I'm a husband and father. I want our communities' children to have a better future than I did growing up, but work is needed to make this happen — and I'm ready to work hard for a better future.

ATTENTION TEACHERS: Get a FREE copy of our new financial literacy program

Your Money Matters!

This teaching resource lets students look at ways to manage the money in their lives. It looks at some of the financial choices that are available to them and examines the rewards and consequences of their financial decisions.

This program is *FREE* to the first 1,000 teachers who apply!

Find out more at:
classroomconnection.ca/mymoney

NOVEMBER IS FINANCIAL LITERACY MONTH

THANKS TO TD FOR HELPING US BRING THIS RESOURCE TO SCHOOLS FOR FREE.

TORONTO STAR CLASSROOM CONNECTION

Riding Profile: Abbotsford

ELECTION 2015 Metro looks at ridings across the Lower Mainland to find out what candidates think are the biggest issues and why people should vote for them.

ON THE RECORD

Metro asks the candidates

Population: 96,819

Also running:

David MacKay, Marxist-Leninist

Candidates' comments have been edited for length

Ed Fast— Conservative

What is the most important issue in your riding?

Key issues in Abbotsford: public safety, the economy, affordable housing and transportation infrastructure. The Conservative government delivered $6 million in youth gang crime-prevention funding for Abbotsford. We have introduced over 50 laws which impose tougher prison sentences on the most violent and prolific offenders.

Why should people vote for you?

I was able to recently announce $900,00 to assist Abbotsford to develop a "housing first" homeless strategy, in addition to supporting numerous other affordable housing projects. On economic growth, our Conservative Party is the only one to commit to live within its means (balanced budgets) while keeping taxes low. I have also been able to deliver record infrastructure investments for Abbotsford worth more than $80 million. I will allow my record to speak for itself.

Jen Martel — NDP

What is the most important issue in your riding?

One in every five Abbotsford residents — many of them children and seniors — don't have a family doctor, and clinics are often shut during business hours because there are no doctors to staff them. Prescription drug prices remain too high, as many families on fixed incomes have difficulty covering these costs. Public health care is a source of pride for Canadians, but too many of us are being denied its most basic benefits.

Why should people vote for you?

An NDP government will stop the billions of dollars in cuts to health care made by the Conservatives, improve access to long-term care, and improve prescription drug coverage. Tom Mulcair's plan also includes an investment of $300 million in the building of over 200 clinics across the country and the hiring of over 7,000 doctors, nurses, and other health-care professionals. I'm running because I share the party's commitment to sustainable environmental policy, the health of family farms and food producers, and better care for seniors and families.

Peter Njenga — Liberal

What is the most important issue in your riding?

The dairy sector forms a significant part of Abbotsford's economy. Canada is currently involved in the Trans-Pacific Partnership (TPP) negotiations. Canada is being pressured to open up our country's dairy market, and reduce or abolish the market supply system that currently regulates the dairy industry. Such a move would have a negative effect on this community, both economically and socially.

Why should people vote for you?

I will represent this community's best economic interests in negotiating Canada's involvement in the TPP, and I will work tirelessly to promote this community's desire for an open immigration policy that helps reunite local families, and pushes for programs that bring foreign education credentials in line with Canada's professional standards.

Stephen Fowler — Green

What is the most important issue in your riding?

Ensuring the supply management chain remains in the hands of Canada and local Abbotsford farmers is a very important issue. The Green Party believes that good, healthy, locally-produced food is one piece in the how-to-improve-our-health-care-system puzzle. We believe family-run farms are preferable to the large factory farms that massive trans-continental trade plans encourage. Flooding the market with cheaper product from around the world, which is what these deals encourage, does nothing to protect the local family farmer.

Why should people vote for you?

It has become clear the three parties are only looking for power. They are sticking to the old talking points and avoiding our greatest issue: climate change. The Green Party has a holistic platform that begins to tackle this problem. The party will work to establish Canada's position in the global community as a country that believes in peace, social inclusion and environmental protection; all policies must be good for the economy, the environment and the people.

Riding Profile: Langley-Aldergrove

ON THE RECORD

Metro asks the candidates

Population: 103,084

Also running:

Lauren Southern, Libertarian

Candidates' comments have been edited for length

Leon Jensen — Liberal

What is the most important issue in your riding?

The biggest issue in Langley-Aldergrove is the high cost of raising a family in today's economy. The income for the middle class has not kept up with the rising costs of housing and transportation. We need to bring in real change that will help those in the middle class and provide opportunities for others to join the middle class. We can do better in Canada.

Why should people vote for you?

I've spent more than forty years in service to Canada as a member of the Canadian Armed Forces. I brought change to that organization while working in Ottawa and I intend to do the same thing for Langley-Aldergrove. As the Member of Parliament for Langley-Aldergrove I will hold four town hall meetings every year to ensure that voices are heard and I will carry that message to Ottawa.

Margot Sangster — NDP

What is the most important issue in your riding?

Our priority is helping families in our riding. Many of them are struggling to make ends meet as housing costs and household expenses rise. I am proud of the platform Tom Mulcair and the NDP put forward, which includes policies that will make a significant difference in the lives of many Langley-Aldergrove residents. One of the key changes under an NDP government would be the implementation of a long-overdue national childcare plan. We will create one million quality, $15 per day childcare spaces, more than 111,000 of which would be in B.C.

Why should people vote for you?

Living in a democratic country is worth fighting for. I would be a strong, effective voice for everyone in Langley-Aldergrove. I have 30 years of experience in public health, social services and the private sector and my work in Afghanistan and the Philippines taught me not only to value our fundamental rights and freedoms, but also the realities of the global workplace. I believe Mulcair will make an excellent prime minister. He is someone you can trust. There are boundless opportunities for our country when people with vision and energy work together for the common good.

Mark Warawa — Conservative

What is the most important issue in your riding?

I believe the priority issues facing the Langley-Aldergrove riding are jobs and economic growth. This is one of the fastest growing ridings in Canada. People want to live here because it is a wonderful place to live, work, and raise a family. They want good jobs and low taxes, so that they can keep more of their hard-earned money.

Why should people vote for you?

Since I was elected in 2004 and was given the honour to represent "Beautiful Langley" in Canada's Parliament, I have worked hard to support jobs and economic growth. I am happy to have played a part in getting Langley an improved border crossing for Aldergrove, numerous new bridges and roads, an interchange for 216 Street and an improved Bedford Channel in Fort Langley. I am honoured to have represented Langley for over 11 years, and hope I will be given the privilege of continuing to work hard for residents in the new riding of Langley-Aldergrove.

Simmi Dhillon — Green

What is the most important issue in your riding?

In my opinion, the biggest issue in our riding is the further degradation of our environment and food supply. With pipeline threats on our doorstep, it is crucial that our riding stand in solidarity with our First Nation stewards and community in protecting B.C.'s food and water supply. We need to ensure that we do everything we can at this juncture to protect our waterways and food sources.

Why should people vote for you?

I am an advocate for humanity, and not a politician. I am a Canadian who had the luxury of being born and raised in #BeautifulBritishColumbia and as such, commit to returning us to an international environmental and humanitarian superpower. I believe I can best represent our riding (which includes the birthplace of B.C.) at a national level and have all of our progressive-traditional ideas heard, regardless of religion, sex, age, colour or sexual orientation. More importantly, it's time our MP spoke for us and not for a special-interest group. With regard to the Liberal candidate, we do not need transplants from Ontario who arrive with dreams of saving the economy by destroying our environment.

STENBERG COLLEGE SPEAKS OUT

October is Mental Health Month

Photo courtesy of Amanda Todd Legacy Society

16% OF TEENS HAVE SERIOUSLY CONSIDERED SUICIDE.

SPEAK UP. REACH OUT.

crisiscentre.bc.ca / 1-800-SUICIDE • KidsHelpPhone.ca / 1-800-668-6868

Stay Strong A.M.T.

Amanda Todd Legacy Society

STENBERG COLLEGE

stenbergcollege.com

A LITTLE BIT OF PURPLE

OCTOBER 10TH

#LIGHTUPPURPLE

READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

Building a bridge to democracy in Canada

ROSEMARY WESTWOOD
Metro

Meeting David Berlin gives you a jolly, fizzy feeling, like someone just cracked the two-litre tonic bottle and you can already taste the tingly gin. Like the fun is imminent.

That's not the feeling I have about this election, although I will grudgingly vote. It's not just that I'm exhausted — I'm uninspired. And so I sought out Berlin. I'd heard he was excitable and passionate about our democracy.

Berlin bubbles with Santa Claus-style joy and the professorial charm of a Bernie Sanders, the same wispy hair that flies — like his thoughts — in all directions. But he speaks far more quickly, punctuating statements with a twinkle in his eye.

A tall, oval man capped with a fedora, Berlin launches into an off-topic story the moment he sits down and by the time you wake from his rolling narratives an hour later, you're hooked.

So it shouldn't be, if you're going by charisma ("I'm kinda a charismatic guy! I know," he admits), that you're only hearing of this candidate on election day.

Berlin is offering Canadians maybe the most appealing, and most upending, ideas. He says a major national Canadian newspaper (he won't name which one) would not publish them, even after they'd commissioned a column about his ideas.

Berlin is also the founding editor of The Walrus, the former owner and editor-in-chief of the Literary Review of Canada, a memoirist, journalist — which is to say, a man you can't write-off as fringe. Despite that, the only mainstream media mention of his party that I could find appeared in a CTV article titled "Rhinos and Pirates: A look at Canada's federal fringe parties."

He's not a revolutionary, he says. Nevertheless, about a year and a half ago he founded a new political party — The Bridge Party — which hopes to remake democracy in Canada.

The aim is to end the election of political parties — the party to end all parties, yes — and instead create a system where Canadians debate policy, find some kind of consensus, and then vote on who will administer that grassroots vision. They're calling it the "departmental system."

Think of the electorate like city hall, and elections like the request for proposal process. The politicians, such as they'd be, would be experts in finance if they won the bid to run the finance department. Electing a prime minister would be more like selecting a head manager. The PMO wouldn't set policy: Canadians would. It's a vision to put an end to the cult of personality.

And as far as "big ideas" go, it's mammoth. There's a good chance I'll mess up trying to explain it (if Berlin was going to explain all the nuances, it would take all week, he says).

"Big parties are corporations, they're top down, they monopolize," he tells me. Anti-Harperites "don't mean 'anyone but Harper,'" they mean one of the established parties.

"You're supporting a corporate idea. These guys have the money, they dominate the media," he says.

"Your apathy or cynicism is grounded much deeper than you've gone. It's time to withdraw legitimacy from the system," he says. He rejects the idea that politics should be founded on suspicion, full of checks and balances to keep everyone in line.

"I would like a nice, smooth transition," he says, to a system he argues can take on challenges like climate change, the future of jobs and extremism. "There's a litany of problems coming toward us, and if you listen to (political parties) carefully, they're talking 19th Century vocabulary. They cannot update themselves."

The Bridge Party has a twinge of the absurdist — I ask what his family makes of it. He says his wife is starting to come around, and his kids wonder, "what's he up to now."

"When I started the Walrus, there wasn't a yay-sayer around," he notes, optimistically. "I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't."

Still, ignored by media and facing the ire of mainstream party-faithful friends, Berlin is finding this project "lonely."

"I have not been successful with this idea," he says, somewhat disheartened sounding.

"Yet?" I ask.

"Yet."

> **"I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't.**
> David Berlin, leader of The Bridge Party of Canada and founding editor of The Walrus

Prominent Canadians have their say

To create a political system that engages young people. To reinforce the importance of First Nations. To make greenhouse gas emissions a top priority in Ottawa. Because every opinion matters. Those are just a few of the reasons prominent Canadians say they're voting today — and Facebook hopes they'll give others an extra incentive to do the same. Messages from musicians, environmentalists, TV personalities and more are being featured today on Facebook Canada's page as the platform works with Elections Canada to boost voter turnout. Here's what some of the famous faces have to say. **ANGELA MULLINS** METRO

Craig Kielburger
Free the Children

"I'm voting for a political system that engages and includes young people. Youth issues have a ripple effect. They impact everyone and our country's ability to thrive.

David Suzuki
The David Suzuki Foundation

"I'm voting because we have had 10 years of no government action to reduce Canada's greenhouse gas emissions. This is the most important issue that isn't being raised by the media.

Damian Warner
Pan American decathlete

"Our lives have been shaped by our history ... a history of men and women who sacrificed their lives for the freedom we enjoy today. An important part of that freedom is the ability to choose those who govern us.

Perry Bellegarde
Assembly of First Nations

"I will vote on Oct. 19 to reinforce my message that First Nations' priorities must be Canada's priorities and that we must close the gap in the quality of life between First Nations people and Canadians.

Jann Arden
Musician

"I am going to vote because it's an honour and a privilege that many people in the world are denied. I am going to vote because my voice matters and what I think matters. I am going vote because I want change. I am going to vote because it is my right as a free and democratic Canadian.

ALL PHOTOS VIA FACEBOOK

DID YOU VOTE? TELL YOUR FRIENDS!

- **Facebook is rolling an "I'm a voter" button onto news feeds of Canadians who are 18 and older today.**
- **When you tap it, you can proudly declare that you've done your civic duty or you can simply click through to Elections Canada's website for voter information.**

Now it's time to vote

ELECTION 2015

Liberals surf into lead in last of public opinion polls

Canada's extraordinarily long 78-day election campaign that culminates Monday was always going to be one for the record books, and what transpired over the campaign's final weekend is eye-popping.

There was tough-on-crime Conservative Leader Stephen Harper with his drug-demonizing campaign strategy holding a Saturday night rally in Toronto with former Toronto mayor Rob Ford, the world's most celebrated crack addict of 2014, just as new revelations were published detailing Ford's bizarre and disturbing behaviour while in office.

And there was Liberal Leader Justin Trudeau spending the final day of the race in Edmonton and Calgary while making an electoral pitch to Quebecers and all but trolling Harper's old Alberta-based grassroots.

In downtown Toronto, Mulcair was left invoking the name of Jack Layton on the late NDP leader's old turf in a last-chance bid to restore New Democrat hopes.

What began Aug. 2 as a tight, three-way race with the NDP in the lead and Liberals trailing appeared to flip on its axis in the final week, with Trudeau's Liberals surfing into election day on a rising wave of public opinion and the New Democrats a distant third in every public opinion poll.

When Parliament was dissolved for the election, the Conservatives had 159 seats in the 308-seat House of Commons, the NDP had 95 and the Liberals 36.

Thirty new seats have been added this election, including 15 in Ontario, bringing the total to 338 and upping the number of seats needed for a bare majority to 170.

THE CANADIAN PRESS

Stephen Harper, right, supports Nav Bhatia in Mississauga. JONATHAN HAYWARD/THE CANADIAN PRESS

ELECTION 2015

All those ballots not destined for blue box

Andrea Ross
Metro | Edmonton

Millions of VIPs will land in Ottawa next week — very important papers, that is.

Elections Canada produced 26.4 million ballot papers this year. That's one for each eligible voter in the country, and they won't just end up in the recycling bin once the votes are counted.

"The ballots are packed into boxes and shipped to a central location in Ottawa, where they're kept in archives for a period of 10 years," Elections Canada spokeswoman Leanne Nyirfa said. "Our system is very prescribed and well thought-out."

After votes are counted Monday night, each ballot will be numbered and tracked, including unused ballots. They will be sealed in envelopes, put inside the poll bag and placed back into the ballot box.

The Deputy Returning Officer then places the box in a secure area until the validation of results, which happens shortly after the election. Once this is done, they are shipped to Ottawa.

It's a closely monitored process dictated by a 52-page guidebook, Nyirfa said.

"We need to record the number of each ballot onto a form, so they're not just thrown in (the box)," she said. "And we make sure they're sent securely in transportation."

Nyirfa said she expects about 71,000 boxes of ballots to arrive at the Ottawa warehouse this year — an undisclosed location she said is even more organized than a library.

And that's important, considering how tight some of the races can be in some of the country's 338 electoral districts, she added.

"There wouldn't be a nationwide recount of all these ballots, but there might have been a race where it was really tight and they request a recount," Nyirfa said. "That happens quite commonly."

The thousands of boxes of ballots will meet their demise 10 years from now, destroyed in an "environmentally-friendly way," Nyirfa said.

ENVIRONMENT

Feds halt Montreal sewage dumping

A federally-appointed panel of scientists will study Montreal's plan to dump eight billion litres of sewage into the St. Lawrence River.

Environment Minister Leona Aglukkaq made the announcement on Sunday.

Environment Canada says the city did not provide enough data to conclude whether or not the untreated wastewater would be "acutely toxic."

The three scientists have until Nov. 2 to complete their analysis, which will include assessing environmental risk and looking at alternative options.

The city had planned to close a major sewer to do maintenance work until Ottawa ordered a temporary halt to the project last week.

Montreal's mayor has described the federal actions as unreasonable and inappropriate and has said delaying the project could cause bigger problems.

THE CANADIAN PRESS

A LOOK BACK AT CAMPAIGN PROMISES

Conservatives

— A "tax lock" law to ban increases to federal personal and business income taxes, sales taxes and "discretionary payroll taxes" such as CPP, EI.

— Set aside $10 million a year to fund summer jobs in the trades for high school students.

— Continue support for public health-care system and increase health-care funding to the provinces and territories.

Liberals

— Lower the federal income tax rate to 20.5 per cent on incomes between $44,700 and $89,401; raise taxes on the wealthiest one per cent.

— Spend about $1.5 billion over four years on a youth job strategy to help 125,000 young people find a job.

— Increase federal infrastructure investment to almost $125 billion, from current $65 billion, over the next decade.

NDP

— Roll back expansion of income splitting, save seniors splitting pension income.

— Provide up to $100 million a year to create more than 40,000 jobs, paid internships and co-op placements for youth over four years.

— Invest $150 million over four years in a green municipal fund to aid sustainable local projects, cleaner transit.

THE CANADIAN PRESS

ELECTION 2015

Elections Canada expects big turnout

Elections Canada is making preparations to cope with what the agency expects will be a heavy voter turnout for Monday's election.

The agency says returning officers in individual ridings can either add additional staff to count advance poll ballots or if extra workers aren't available, the vote count can start before the polls actually close.

Elections Canada says in ridings where there is an early count, officials and witnesses present won't be able to leave and others won't be able to enter the room before the counting session ends.

The agency is preparing for contingencies because of the higher turnout for advance polls last weekend.

Some 3.6 million ballots were cast over a four-day period — an increase of 71 per cent over advance ballots in the 2011 election, when only three days of advance polls were held.

THE CANADIAN PRESS

HUDSON'S BAY OPTICAL

Bay Days
$189 Designer Package
Includes select frames from $200 to $280, and single vision or progressive lenses.
$89 Signature Package
Includes select frames up to $150, and single vision or progressive lenses.
$289 High-Definition Package
Includes select frames up to $150, and high-definition progressive lenses with anti-reflective coating.

Signature and Designer packages include plastic, scratch-resistant lenses or Instinctive progressive lenses; High-Definition package includes premium progressive high-definition lenses. Specialty lenses, extra features, and strong prescriptions are additional. May not be combined with any other offer, vision care plan, package pricing or prior orders. See optician for details. Offer ends November 3, 2015.

TO SCHEDULE AN EYE EXAM, VISIT THEBAY.COM/OPTICAL OR CALL YOUR NEAREST HUDSON'S BAY LOCATION

Burnaby Metropolis at Metrotown 604-436-1196 x450
Langley Willowbrook Mall 604-530-8434 x450
Surrey Guildford Town Centre 604-588-2111 x450
Vancouver Downtown 604-689-2321
Victoria Bay Centre 250-385-1311 x256
Victoria Mayfair Shopping Centre 250-386-3322 x343
West Vancouver Park Royal Centre 604-925-1411 x3450

HUDSON'S BAY

Ballot cynicism in Egypt

MIDDLE EAST

Doubts mar first election for legislature since 2012

A mix of voters' apathy and frustration characterized elections held Sunday for Egypt's first legislature in more than three years, a chamber widely expected to be compliant with the policies of Abdel Fattah el-Sisi who, as military chief, ousted the country's first freely elected leader before he was elected to office himself a year later.

Egypt's last parliament, elected less than a year after the 2011 ouster of longtime autocrat Hosni Mubarak, was dominated by supporters of the now-outlawed Muslim Brotherhood as well as ultraconservative Salafi Islamists. It was dissolved in June 2012 following a ruling by the nation's highest court that its election was unconstitutional.

A largely toothless upper chamber, also dominated by Islamists, continued to sit until el-Sisi's July 2013 ouster of Mohammed Morsi, when it was also dissolved.

An Egyptian casts her vote at a polling station in Giza on Sunday. AMR NABIL/THE ASSOCIATED PRESS

"There's no incentive to vote," declared 38-year-old Mohammed Mahmoud, owner of a carpentry workshop across the street from a polling centre in Boulaq el-Dakrour, one of the most densely populated districts in Egypt.

> **There's no incentive to vote.**
> Mohammed Mahmoud, businessman

"Even if a candidate has a platform, I don't think it's true. I don't think it will be implemented," he said in Cairo's twin city of Giza, located in one of 14 provinces in which the first of two days of voting took place Sunday.

One of his workers, Mohammed Hassan, echoed the same sentiments: "We've been hearing the same things for 20 years."

Egyptians abroad began voting Saturday and continued Sunday, when voting was underway in 14 Egyptian provinces, including Giza and the Mediterranean port city of Alexandria.

Voting in Egypt's 13 other provinces, including the capital Cairo, will happen Nov. 22-23.

Each stage of the vote will be followed by a runoff.

Final results will be announced in early December, and the new house will hold its inaugural session shortly after.

There were no official or reliable figures available on Sunday's turnout, expected to be as low as 10 per cent.

State media reports suggested that while turnout was low in the morning, large numbers of voters cast ballots in the afternoon. THE ASSOCIATED PRESS

IN BRIEF

Big bust for Paris police

France's finance minister says police made the country's biggest drug seizure in two years when they found 7.1 tons of hashish in Paris' chic 16th arrondissement.

Michel Sapin said in a statement Sunday agents discovered the drugs, with an estimated street value of 15 million euros ($17 million), in an unoccupied van being used as a temporary storage space. THE ASSOCIATED PRESS

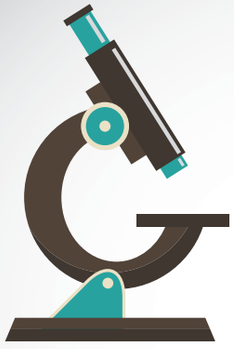
Police hunt for shooter in ZombiCon killing

Police say a shooting at the ZombiCon gathering in Florida killed one person and injured four others.

Lt. Victor Medico of the Fort Myers Police Department said the shooting occurred late Saturday night, according to the News-Press.

The four people wounded were being treated for injuries that were not life threatening, he said.

The search for the shooter continued Sunday. THE ASSOCIATED PRESS



HAIR LOSS?

HF LASER SKIN CLINICS IS A CANADIAN COMPANY DEVOTED TO THE ANALYSIS OF NON-DISEASED HAIR PROBLEMS. A number of men and women experience Hair Loss and Scalp Disorders that will lead to baldness.

Most people allow their problem to escalate through procrastination, neglect or simply a lack of knowledge. There are numerous formulas claiming hair growth, many of which will not help your type of Hair and Scalp Disorder.

The **first** step is to find out more about your Hair Loss problem. And what can be done to to help your individual case.

To accurately evaluate your Hair Loss disorder, HF LASER SKIN CLINICS provide a VISUALIZATION MICROSCOPIC TEST that enables you to understand the particular nature of your Hair Loss/ Thinning problem. Presently, the VISUALIZATION MICROSCOPIC TEST for people losing hair is at no charge or obligation. **For a complimentary test & scalp analysis contact:**

HF LASER SKIN CLINICS

VANCOUVER
(604) 341-0054
100-3077 Granville Street

www.Hairfreeclinics.com
micronvancouver@gmail.com
www.micronlabs.com

We offer all solutions to your problem. You don't have to be bald.

JERUSALEM

Tensions rise alongside walls

Palestinians in Jerusalem have awoken to a new reality: Israeli troops are encircling Arab neighbourhoods, blocking roads with concrete cubes the size of washing machines and ordering some of those leaving on foot to lift their shirts to show they are not carrying knives.

The unprecedented clampdown is meant to halt a rash of stabbings of Israelis. Many of the attacks were carried out by residents of east Jerusalem, the sector captured and annexed by Israel in 1967 and claimed by Palestinians as a future capital.

Prime Minister Benjamin Netanyahu's government has portrayed the measures as temporary, in line with what his advisers say any police department in the U.S. or Europe would do to quell urban unrest. But some allege he is dividing Jerusalem, something Netanyahu has said he would never do.

Palestinians watch as a wall is built between a Jewish community and their own on Sunday. THE ASSOCIATED PRESS

"They want to humiliate us," said Taher Obeid, a 26-year-old janitor at the Hebrew University of Jerusalem.

Domestic critics say Netanyahu — long opposed to any negotiated partition of Jerusalem into two capitals — is effectively dividing the city along ethnic lines with his security measures.

"This is what the future looks like," said Jerusalem expert Daniel Seidemann. "It's the one-state reality." THE ASSOCIATED PRESS

PHILIPPINES

Typhoon kills two, weakens

Slow-moving Typhoon Koppu weakened after blowing ashore with fierce winds in the northeastern Philippines on Sunday, leaving at least two people dead, displacing 16,000 villagers and knocking out power in entire provinces, officials said.

Soldiers and police were deployed to rescue residents trapped in flooded villages in the hard-hit provinces.

After slamming into Aurora's Casiguran town after midnight Saturday, the typhoon weakened, hemmed in by the Sierra Madre mountain range and a high-pressure area in the country's north and another typhoon far out in the Pacific in the east, government forecaster Gladys Saludes said.

Winds knocked down trees and electric posts, leaving nine entire provinces without power, while floods and small landslides made 25 roads and bridges impassable. Authorities suspended dozens of flights and sea voyages due to the stormy weather, and many cities cancelled classes on Monday. THE ASSOCIATED PRESS

U.S. halts offshore arctic drilling leases

ALASKA

Senator says move will hurt state economy

The U.S. Interior Department announced Friday it is cancelling future lease sales and will not extend current leases in Arctic waters off Alaska's northern coast, a decision that significantly reduces the chances for future offshore drilling.

The news follows a Sept. 28 announcement by Royal Dutch Shell that it would cease exploration in the Chukchi and Beaufort seas after spending upward of $7 billion on Arctic exploration. The company cited disappointing results from a well drilled in the Chukchi and the unpredictable federal regulatory environment.

Interior Secretary Sally Jewell said the federal government is cancelling federal petroleum lease sales in U.S. Arctic waters that were scheduled for 2016 and 2017.

"In light of Shell's announcement, the amount of acreage already under lease and current market conditions, it does not make sense to prepare for lease sales in the Arctic in the next year and a half," she said.

Sen. Dan Sullivan said the Obama administration is correct in wanting to help Alaska natives and all Alaskans battle the state's high rates of suicide, domestic violence and addiction. But he said the administration doesn't see the link between economic opportunity and making people's lives better.

"They just took real opportunity, significant opportunities that could benefit thousands if not tens of thousands of Alaskans off the table," Sullivan said. "That's not going to help the social problems."

THE ASSOCIATED PRESS

Since Royal Dutch Shell announced it was walking away from its exploratory efforts, the Obama administration has taken steps to keep drill rigs out of the region's northern ocean. ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

AUTO INDUSTRY

Takata airbag recall includes 2015 models

The deadly problem with exploding Takata airbag inflators continues to spread to newer vehicles, this time hitting a small number of 2015 General Motors cars and SUVs.

GM is recalling more than 400 vehicles because the side airbag inflators could rupture and send shrapnel into drivers and passengers, according to the company and documents posted Saturday by the U.S. National Highway Traffic Safety Administration (NHTSA).

The GM recall is the latest in a problem that continues to widen with no end in sight. U.S. regulators have warned that more manufacturers and newer models are likely to be recalled.

So far, about 23.4 million Takata driver and passenger airbag inflators have been recalled on 19.2 million U.S. vehicles sold by 11 different companies, including Honda and Fiat Chrysler.

The latest recall covers certain 2015 Chevrolet Equinox, Malibu and Camaro vehicles as well as the Buick LaCrosse, Cadillac XTS and GMC Terrain.

THE ASSOCIATED PRESS

IN BRIEF

Guinness judge certifies 122-metre-long baguette as new world record

A judge from Guinness World Records has certified a 122-metre-long baguette baked at the Milan Expo 2015 World's Fair as the longest in the world. The baguette was then cut and smeared with Nutella to share with the hundreds who witnessed the record. THE ASSOCIATED PRESS

Last US Airways flight arrives in Philadelphia

The final US Airways flight has landed in Philadelphia, completing the last leg of its round-trip journey that began in San Francisco on Saturday. All future flights will fly under the American Airlines banner, following the completion of a merger announced in 2013.

THE ASSOCIATED PRESS

WAVE Move in today!

8 unbelievable deals to choose from! With prices starting at $356 per square foot these 2 bedroom homes are Central Surrey's best priced new concrete construction. This is your chance to purchase in the architecturally stunning Wave development by Rize Alliance!

www.WaveLiving.ca

Semiahmoo Plan | 2 Bed | 648 sq.ft.

Suite 1307	$292,900 - $35,000 =	$257,900
Suite 2207	$299,900 - $35,000 =	$264,900
Suite 2407	$305,900 - $35,000 =	$270,900
Suite 2507	$307,900 - $35,000 =	$272,900

Bridgeview Plan | 2 Bed + Den | 761 - 763 sq.ft.

Suite 2104	$352,900 - $40,000 =	$312,900
Suite 2204	$355,900 - $40,000 =	$315,900
Suite 2504	$364,900 - $40,000 =	$324,900
Suite 2604	$370,900 - $40,000 =	$330,900

SALES CENTRE:
Townhome 8
13303 103A Ave, Surrey
Open Saturday to Wednesday
from 12:00 - 5:00PM
604.951.9283
info@waveliving.ca

Rize MASON LINK DEVELOPMENT MACDONALD REALTY

© 2015 Rize Alliance Properties Ltd. – This is not an offering for sale. Any such offer may only be made with the applicable Disclosure Statement and Agreement of Purchase and Sale.

CANADA WIDE CLEARANCE

$$$ EAGLE RIDGE GM SAVES YOU MONEY $$$

2015 SILVERADO DOUBLE CAB

58246A

0% PURCHASE FINANCING FOR 84 MONTHS*

+ $5,000 IN TOTAL FINANCE CREDIT‡

(INCLUDES $1,000 OWNER CASH†† AND $3,000 DELIVERY CREDIT)

/ OR /

UP TO $12,000 TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $1,000 OWNER CASH†† AND AND $1,200 PACKAGE DISCOUNT)

2015 GMC SIERRA TRUCK

58228A

0% PURCHASE FINANCING FOR 84 MONTHS*

/ OR /

UP TO $12,000 TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $1,000 OWNER CASH†† AND AND $1,200 PACKAGE DISCOUNT)

2015 TRAX LS

55449A

0% PURCHASE FINANCING FOR 84 MONTHS*

+ $2,000 IN TOTAL FINANCE CREDIT‡

(INCLUDES $1,000 OWNER CASH†† AND $500 OCTOBER BONUS◊)

/ OR /

UP TO ~~$3,500~~ $4,000 TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $1,000 OWNER CASH†† AND $500 OCTOBER BONUS◊)

2015 EQUINOX LS AWD

54654A

0% PURCHASE FINANCING FOR 84 MONTHS*

+ $2,250 IN TOTAL FINANCE CREDIT‡

(INCLUDES $750 OWNER CASH†† AND $500 OCTOBER BONUS◊)

/ OR /

UP TO ~~$4,950~~ $5,450 TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $750 OWNER CASH†† AND $500 OCTOBER BONUS◊)

2015 CRUZE LS

51570A

0% PURCHASE FINANCING FOR 84 MONTHS*

+ $2,500 IN TOTAL FINANCE CREDIT‡

(INCLUDES $1,000 OWNER CASH†† AND $500 OCTOBER BONUS◊)

/ OR /

UP TO ~~$4,000~~ $4,500 TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $1,000 OWNER CASH†† AND $500 OCTOBER BONUS◊)

2015 MALIBU

52024A

0% PURCHASE FINANCING FOR 84 MONTHS*

+ $3,00 IN TOTAL FINANCE CREDIT‡

(INCLUDES $500 OWNER CASH†† AND $500 OCTOBER BONUS◊)

/ OR /

UP TO ~~$7,195~~ $7,695 TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $500 OWNER CASH†† AND $500 OCTOBER BONUS◊)

ALL 2015's COME WITH CHEVROLET COMPLETE CARE:

2 YEARS/40,000KM COMPLIMENTARY OIL CHANGES** / 5 YEARS/160,000KM POWERTRAIN WARRANTY** / 5 YEARS/ 160,000KM ROADSIDE ASSISTANCE**

EAGLE RIDGE
Chevrolet | Buick | GMC

DL#9214

2595 Barnet Highway, Coquitlam (2 blocks west of Coquitlam Centre)

604-507-6686

www.eagleridgegm.com

All prices and payments are net of all incentives and are plus taxes, levies and $495 documentation fee and $100 Air Conditioning Tax. Vehicles are not exactly as illustrated. All financing is OAC. All payments are bi-weekly based on a 96 mo term. 5.24%APR

Buy of a Lifetime!

LOWEST PRICES/ LOWEST PAYMENTS/ NO PAYMENTS FOR 6 MONTHS

2014 Chrysler Town & Country

#6160, Luxury, Fully Loaded, Power Liftgate, Dual Power Sliders, Media Center, Fancy Alloy Wheels

TP $28,288

PRICE $19,995

$136 PMT

2014 Chevrolet Equinox AWD

#5778, Auto, Air, Loaded, Alloys

TP $28,288

PRICE $19,995

$136 PMT

2014 Hyundai Sonata

#6702, Auto, Air, Loaded, Heated Seats

TP $23,712

PRICE $14,888

$114 PMT

2014 Hyundai Elantra

#6635, Auto, Air, Power Windows, Loaded

TP $21,076

PRICE $13,995

$97 PMT

2014 Hyundai Accent 5DR

#6627, Auto, Air, Power Windows, Loaded

TP $17,472

PRICE $11,995

$84 PMT

2015 Nissan Altima

#6715, Auto, Air, Power Windows, Loaded

TP $22,584

PRICE $16,888

$123 PMT

BUYS OF THE WEEK

2000	Chrysler Neon	$1,888	#0470
2002	Kia Spectra	$1,995	#6054
2006	Ford Taurus	$2,888	#6466
2006	Ford Crown Victoria	$2,995	#5600
2004	Ford Expedition	$3,888	#6280
2007	Chrysler 300 Limited	$6,888	#6529
2008	Hyundai Sonata GLS	$6,995	#5969
2009	Chevrolet Impala LT	$6,995	#6201
2012	Fiat 500 Sport	$9,995	#6220
2013	Hyundai Sonata	$13,777	#5758
2012	Mitsubishi Spyder Convertible	$14,995	#0655
2015	Kia Sorento AWD	$22,888	#6564
2015	Buick Lacrosse	$26,995	#6559
2015	Hyundai Genesis	$33,995	#6556
2012	BMW X6	$38,888	#6352

NEW CAR HOTLINE
604-507-6686
USED CAR HOTLINE
604-543-1829

www.eagleridgegm.com

*All payments are bi-weekly 96 months / 4.99%.

metro VIEWS

Politics of the future: Researchers who eased the brain's threat perception with magnetic stimulation observed a decline in patients' anti-immigrant sentiments and beliefs in God.

Metro MONDAY POLL

Design your dream election

Visit metronews.ca every Friday to have your say.

If you could make a tweak to create your ideal voting system — design your own democracy — what would you do? Have you had enough of attack ads? Do you want to be able to vote from bed, on your phone? We asked our readers how they'd make their personal perfect parliamentary process.

1 If you could write in a candidate for prime minister who is not on the ballot, who would it be?

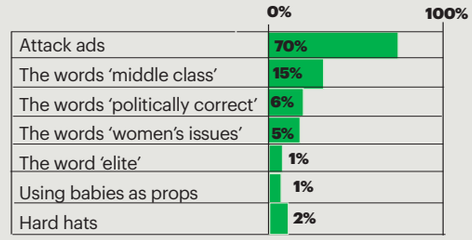
26% Chris Hadfield
20% David Suzuki
9% Grumpy Cat
7% Stephen Lewis
4% Drake
2% Jose Bautista
2% Joanne Liu
2% Wayne Gretzy
2% Margaret Atwood
1% Ryan Gosling
25% Other

Naheed Nenshi

Rick Mercer

Batman

2 If you could retire one campaign-season cliché, what would it be?



3 If you could change one thing about our system, what would you choose?

36% Scrap first-past-the-post voting
25% Elect the leader separately from the MPs
20% Allow voting online or by phone
6% Make the campaign shorter
3% Nothing, we're lucky to live in a democracy
10% Other

Introduce ranked ballots.

Ban parties. Officials should represent people, not parties.

Elections every five years, not four.

METRO READERS

Let's get out and vote for those who cannot

CITY HOLLER

Trish Kelly

I will begin with the assumption that you already know you are going to vote today. Because I know what my mother said about assumptions, I'll temper my confidence about your plan to vote today by acknowledging that many of you really had your stuff together, and along with 3.5 million Canadians, you made it to advance polls. Awesome keeners, I salute you.

Get out and vote for the people who will fall through the cracks created by the Fair Elections Act.

As for the rest of you, you know what's in it for you to cast a ballot.

So, good, you're voting and you've got good reasons. You want the feds to pony up and invest in public transportation because the SkyTrain feels spacious only if your other daily travel experience is the 99 B-line.

You're voting for a federal government that will do its part to heal our housing crisis, because like most of your fellow Vancouverites, getting the housing you want is nearly impossible, and housing affordability is a national problem for our urbanized country.

You're voting because your parents are getting old and you know that our social safety net is key to them living their senior years with some dignity and security.

But when you vote today, don't just vote for yourself. Vote for the Canadians who don't get to.

Let's start with the people who needed to vote early but walked away from two-hour long lines without casting a ballot. Staffing levels and systems at Elections Canada offices made voting so slow, I wouldn't have blamed you for expecting your ballot to be handed over along with a custom haiku and a latte showing a portrait of your face in the foam. Some people couldn't wait that long. You're voting for those people too.

Then there's the Canadians who have been living abroad for more than five years. They used to be able to vote, but now even though the Charter of Rights and Freedoms says "every citizen of Canada has the right to vote in an election of members of the House of Commons," these expats can't anymore. You're voting for them too.

Get out and vote for the people who will fall through the cracks created by the Fair Elections Act, which now limits voters who used to vouch residence for their homeless neighbours or clients to vouching for just one. Vote for the ones who feel the double whammy of poverty and social isolation and won't find someone to vouch for them.

With the deck stacked against so many of our fellow citizens, those of us who can confront the systemic barriers must get out and vote today, not just for ourselves, but for those who can't. Let's break some records, Canada.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metroview

Tomorrow's leader will have to mop up an anti-Muslim mess

Omar Mouallem

"I've never seen it like this before." That's how my mother — one of Canada's million Muslims — described the blatant bigotry on her Facebook. She didn't need to elaborate; I'd seen it, too. But my social network has a long tail of loose ties. Hers consists of actual friends and former colleagues — the people who helped my parents integrate in rural Alberta before I was born.

Thirty years later, a shameful election has unlocked anti-Muslim and anti-immigrant sentiments. Where teens assault a woman whose only crime was wearing a religious garment. Where Canadians willingly devalue the Canadianness of 900,000 dual citizens. For a third of the vote, Stephen Harper has demonized Muslims (three per cent of the population) and undermined the rights of 7.1 million foreign-born Canadians.

Though it's unlikely he will be tomorrow's leader, tomorrow's government — whatever it is — must mop up the mess.

In addition to the recession, climate change, First Nations reconciliation and international conflicts, tomorrow's leader must prioritize healing the wounds opened by wedge politics. Otherwise, the 250,000 annual newcomers will never get a fair shot. When I think of my own family's ascent to the middle class, it wasn't just work ethic that boosted them. It certainly wasn't the 1980s economy. Tax credits alone didn't help them buy the biggest house on the block.

It was social tolerance.

When my parents arrived from Lebanon, immigrants were central to Canada's new multicultural identity and story. But, I wonder, would they have thrived knowing their Canadian-born children could be deported? Which of their "barbaric" practices would have been called in to the tip line? The Ramadan when they butchered a goat in the yard? That my mom wore a hijab, which in Northern Alberta in 1984 was about as common as a niqab today?

Immigrants always come with cultural baggage. Some can take a generation or two to unpack. The white majority — old-stock Canadians — have residual cultural baggage, too (pressuring a woman to take her husband's last name comes to mind). But adjusting is much harder when you want to hide from your neighbours.

A recent CBC survey showed only 65 per cent of Canadians are proud of the country's "multicultural makeup." Today's target is Muslims. Who is it tomorrow, as rising sea levels will displace unprecedented numbers of people? Canada's 1880s tax on Chinese immigrants and "none is too many" stance on 1930s Jewish refugees are reminders of xenophobia's cyclicality. But to see it actively promoted by leaders should disturb us all.

And tomorrow's leader must repair the damage.

Omar Mouallem (@omar_aok) edits the Yards magazine.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

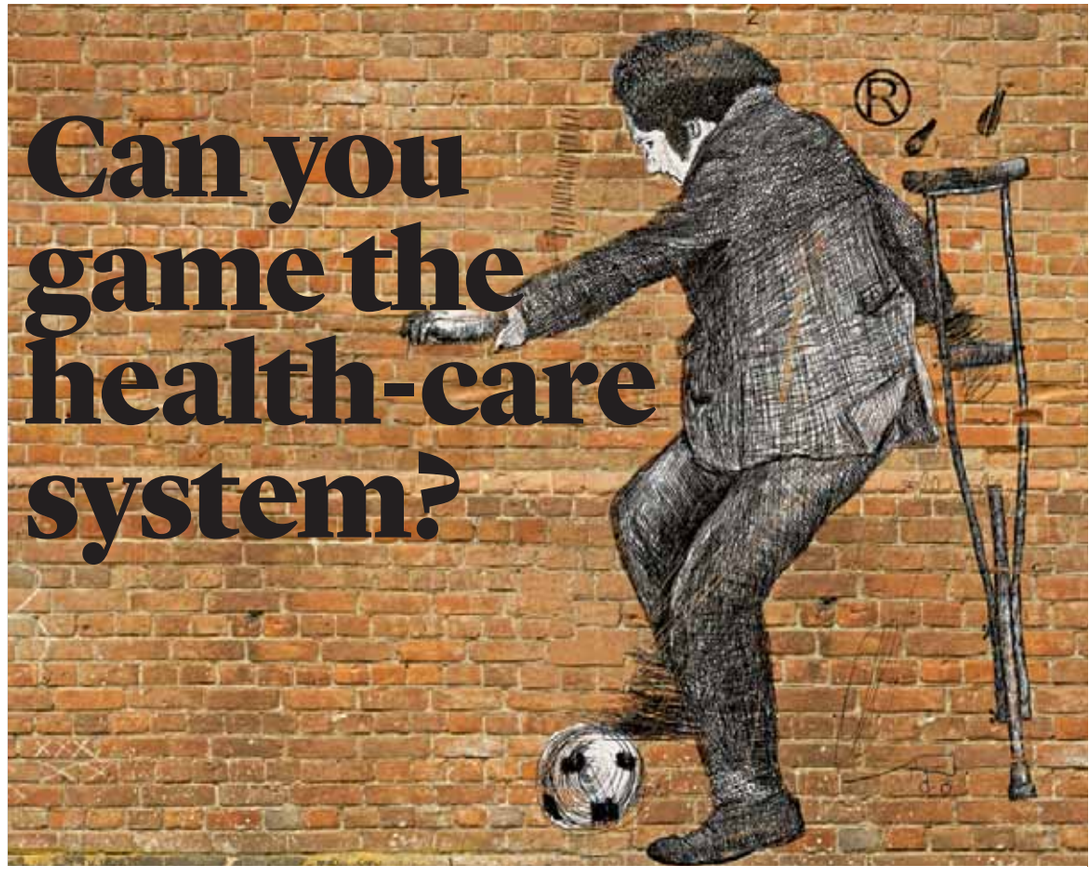
metro LIFE
• MONEY
• HEALTH
• GOSSIP
Your essential daily news

Spreading antibiotic resistance could have disastrous consequences: Study

THE PATIENT'S PLAYBOOK

Be assertive and involved in your treatment, author says

Can you game the health-care system?



ISTOCK

In The Patient's Playbook, Leslie Michelson offers the wisdom he's gained from 30 years of helping people get health care. Michelson, trained as a lawyer, is the founder and CEO of Private Health Management, which aids individuals and corporate clients seeking optimal medical treatment. He lives in Los Angeles.

You help Americans, mostly the very wealthy, get top-notch health care. Is your advice applicable to Canadians?
There are differences in the systems, but also a lot of similarities. Our physicians are trained in the same ways and our hospitals are accredited in the same ways. Both systems suffer from significant preventable errors. So in both systems, it's imperative for patients to learn to be more assertive and to gain control of their own medical destinies.

You talk about preparing for falling ill. What should a person should do?
We prepare for things such as college tuition or retirement, but people don't prepare for illness. First, you need to document your family's medical history. More and more we're learning that genetics is part of our health destiny.

Second, collect all your medical records — the diseases you've had, medications you've taken, weight and blood pressure over time. And third, develop a strong and enduring bond with a primary care physician so you can benefit from health-care developments in prevention and detection.

What should you look for in a primary-care physician?
You want someone who listens and respects you, and someone you will listen to. It should be someone whom you can get in to see when you need to. It should be someone who supports your wellness goals and will help you focus on the issues when you lose focus.

What are the biggest mistakes patients make?
Becoming passive and doing nothing or doing whatever the physician recommends without asking questions, educating themselves or becoming partners with the physician.

Explain the no mistake zone.
It's a multi-step process that reduces anxiety and ensures you make better choices. First, make sure your diagnosis is accurate and complete. In the U.S., we lose 100,000 lives a year from diagnostic errors. Second, make sure you understand when and why you need to be treated. Third, educate yourself online about your disease and treatment options. Fourth, meet with one or more physicians who specialize in precisely your condition. Use databases, such as expertscape.com, which lists physicians who've published articles on a particular disease. Expertise matters. No realm of knowledge is more complex than human biology. And there's no realm where advances come more rapidly than biomedical research.

In your book, you encourage people to do what they can to jump the queue. Why?
I'm not suggesting someone whose treatment can wait four to six weeks should assert themselves that it needs to get done today. But if it is a condition that needs treatment now, you need to figure out how to assert yourself and get everyone's attention that a delay would irreversibly affect the clinical course.

Once in hospital, how can a patient stay safe?
Hospitals are miraculous institutions, but they're also dangerous. That's why it's great to have an advocate with you. TORSTAR NEWS SERVICE

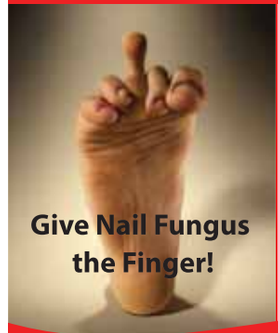
> **No realm of knowledge is more complex than human biology.**
> Leslie Michelson, author of The Patient's Playbook

PLAY Friday's Answers
from your daily crossword and Sudoku

3	4	5	6	1	7	8	9	2
2	8	7	4	5	9	6	3	1
9	1	6	2	3	8	5	4	7
4	7	3	1	6	5	9	2	8
8	6	2	7	9	4	1	5	3
5	9	1	3	8	2	4	7	6
1	3	4	5	7	6	2	8	9
7	2	9	8	4	1	3	6	5
6	5	8	9	2	3	7	1	4

for more fun and games go to metronews.ca/games

Laser Nail Fungus Treatments



- Clear Nails in a Few Pain Free Treatments
- Improve the Appearance of Infected Nails
- No Recovery Downtime. Wear Socks, Shoes & Even Nail Polish Right After Treatment!

1st Treatment $249 + save 10% with this ad!

604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

IRON+C
More than Iron, for all
Distribution by AP MARTIN

Visit our 'Where to buy' page to find a store near you!

Vegan Certified
Sugar Free
Effervescent

Surrey, Langley	604-518-4491
Richmond	778-709-3036
Burnaby, Vancouver	604-644-6766
Toronto	519-859-0217
Vancouver	778-828-1960

www.canadianpharmaservices.com
CPS

Is your shopping motto I spend, therefore I am?

IDENTITY

Don't define yourself through consumerism

Gail Vaz-Oxlade
For Metro Canada

Gail Vaz-Oxlade suggests taking two days a week for a month where you buy nothing so you can truly see how much of an impact spending has on your life. ISTOCK

Do you define yourself by the stuff you buy?

I know you're shaking your head, but I want you to stop and think about that question for a minute.

How important is a brand name to you? How often do you see something someone else has and decide you want one too? How much do you preen when someone compliments a new purchase you've made?

Spending money to buy stuff has become a defining activity in so many people's lives. We all spend money. And we have all kinds of language that reflects how important shopping has become to us — think "retail therapy."

We've even named a day in the year when it's okay to blow out our budgets (and behave badly) using our credit cards all for the sake of a deal: Black Friday.

If there is any industry that has made it clear that we are powerless in the face of what they want to sell us it's the financial services sector.

People have been sold so much credit that now retirees are having to declare bankruptcy to hold on to their pension money for food.

And as for mortgage life insurance, don't even get me started.

That's a product that serves the needs of the bank, not the person buying and paying for the product.

Witness the number of people who subsequently try to make claims only to find their insurance has been declined because even though they paid premiums for years, they weren't actually insured, they just thought they were.

We are also at the whim of the brilliant supermarket retailers.

Between their sophisticated databases, manipulative pricing strategies, and the growing size of the trolleys, we're plunking down more cash at the supermarket than ever before. We can buy household appliances, plants, towels, and even clothes when we head off to pick up milk.

And when those Buy Two for $5 tags show up, we end up taking home more food even though the fridge and cupboards are already full.

> **Even heading to a concert or a sports game often involves spending money on T-shirts and hats.**

There are now more places and ways to shop than ever before.

Don't feel like going to the store? Just hop online. Or head over to a friend's for a shopping party where, in exchange for nibblies, you'll drop good money on total crap.

Or click on a coupon site to buy five whatevers for 50 per cent off, and look how much you just saved!

You can browse on Craigslist or on eBay until you find something you just have to have.

Even heading to a concert or a sports game often involves spending money on T-shirts and hats. Good lord.

If you want to truly see how much impact spending has on your life, for the next month choose two days of the week when you'll buy nothing.

Absolutely nothing.

Then make some notes on how you feel when your shopping itch can't be scratched.

More importantly, how do you feel when you finally get to spend some money again?

For more money advice, visit Gail's website at gailvazoxlade.com.

RESEARCH

Why failure is good for creativity

Raquel Laneri
Metro | New York

From the time our parents send us off to school, we're being told not to fail.

Whether it's getting into an Ivy League school, landing a job not too long after graduation, entering into a marriage, raising a kid or excelling in our careers, we constantly feel the pressure to be the best or, at the very least, not mess up.

But such preciousness might be hindering us. In fact, some of the world's greatest innovators and thinkers — such as the late Apple visionary Steve Jobs and goddess-of-everything Oprah Winfrey — have extolled the values of failure, saying the best ideas often come from making mistakes.

"There are very few people in the world who come up with great ideas immediately and go and produce them," says Jim Fitts, visiting professor of graphic design at Mount Ida College, in Newton, Mass. "I'm not sure anyone can do that."

> **There are very few people in the world who come up with great ideas immediately and go and produce them**
> Jim Fitts, graphic designer

Yet Fitts noticed that his graphic design students did less of the, well, letting themselves come up with the bad ideas and outrageous experiments that are so important to creativity and innovation. Which is why he and fellow Mount Ida professor Alison Poor-Donahue organized an exhibition called Permission to Fail, which opens Oct. 19 at the school and runs through Jan. 26, 2016.

"It's so easy to jump on a laptop these days and start designing, so a lot of younger designers have foregone that old process of blue-sky thinking, doing sketches, doing thumbnails and working through a couple of different concepts before they start to do the final product," Fitts says.

The curators reached out to 50 designers, illustrators and photographers around the world, and 30 have loaned their preliminary notebooks, sketches and photographs, showing the many iterations and detours it takes to come up with something truly great.

Among the biggest participants in the show: Milton Glaser, who created such iconic images as the I Heart NY logo, the famed psychedelic Bob Dylan poster and that groovy, kaleidoscopic last-season Mad Men poster. (Fitts says Glaser was the first person to send over his work for the show — that's how vital he thinks the experimentation process is.)

Yet, failure isn't just good for art: It makes all of us sharper thinkers and more agile problem-solvers. And it gives us the ability to actually do stuff, as opposed to letting our fears paralyze us. "Even Leonardo da Vinci didn't just make his masterpieces — he started out doodling and drawing and working through a lot of different concepts and again," says Fitts. "And that's inspiring to anyone."

Ivan & Jade
Call me 604.220.3958 today?
for tomorrow
Email : jelic@telus.net

Tape Guide

ROLL 3/4*36YD	
3 M Clear	$ 45.00
Red Liner	$ 55.00
Brown	$ 65.00
Blue Liner	$ 75.00
ROLL 3/4*12YD	
3 M Clear	$ 20.00
Red Liner	$ 30.00
Brown	$ 40.00
Blue Liner	$ 50.00

NU HAIR STUDIO
#101 - 320 Columbia Street
New Westminster, BC V3L 1A6

SFU VANCOUVER
OPEN HOUSE 2015
515 WEST HASTINGS

OCTOBER 21, 2015
4PM - 8PM
35+ PROGRAMS & FREE WORKSHOPS

TOURS • RESEARCH & INNOVATION • COMMUNITY ENGAGEMENT

REGISTER NOW!
SFU.CA/VANOPEN

A couple who namastes together

YOGA

Acro yogis find relationship balance in tough poses

Not much causes a rushed city dweller to stop in their tracks, but a man and a woman effortlessly pulling off Cirque du Soleil-esque moves in a park just might do it.

Miranda Cobbett and Ryan Scott are the uber-fit duo behind acrobuddhas.com — a team of two performers who practice and teach acro yoga (a combination of acrobatics and yoga) around Toronto. They post pictures of their jaw-dropping moves on Instagram, where they've amassed a huge following.

"Ryan and I both love being active. We live a very healthy, fit lifestyle every day," Cobbett told the Star. "When we were able to combine our energies and create something together ... it was exciting.

The twosome — partners in love and business — only stumbled on acro yoga two-and-a-half years ago when scrolling through photos on Instagram.

"At the time, we didn't even know what it was called. We were like, 'Look at this, this is cool. Let's try it'," said Cobbett.

Acro yoga harnessed the skills they already had — Cobbett is a yoga teacher who grew up dancing and cheerleading, and Scott is a personal trainer — and allowed them to combine their strengths in a new way. They started practicing in her parents' backyard and soon, they were hooked.

And it gave them more than just tighter abs — acro yoga helped jump-start their relationship, now at the eight-year mark.

"It really taught us how to communicate in new ways, how to trust each other in new ways," Cobbett said. "In all honesty, I'm trusting him beneath me to support me."

The team began taking pictures of their daring exploits, sometimes by putting a clicker in one of their mouths to snap a picture themselves, other times asking photographer friends to do the shooting, and soon garnered attention on Instagram with the account @acrobuddhas. They now have 17,000 followers.

These days, they perform at Toronto festivals, including Electric Island and Bestival, but you're just as likely to find them on a beach or in a park, perfecting their moves in public. People often approach to ask what they're up to, which Cobbett loves. But don't get too close.

After curious Electric Island festival goers kept trying to touch the duo during performances last year, organizers put up barriers around them.

And injuries? None so far, said Cobbett, though they usually practice on sand or grass just to be safe.

TORSTAR NEWS SERVICE

Miranda Cobbett and Ryan Scott are the fit duo behind acrobuddhas.com. JP MILES PHOTOGRAPHY

CANCER SCREENING

Women's STI testing declines

Young women in Ontario are being screened for sexually transmitted infections far less often since updated guidelines reduced the frequency of Pap tests for cervical cancer, a study suggests.

Researchers at St. Michael's Hospital in Toronto found the guidelines, which were rewritten in 2012, reduced Pap smear rates by 60 per cent in the year after their introduction — and that led to a 50 per cent drop in gonorrhea and chlamydia testing among women aged 15 to 24. Patients were also less likely to be screened for syphilis, hepatitis C and HIV.

> **Our findings suggest a possibly harmful public health consequence.**
> Dr. Tali Bogler

Prior to 2012, women were advised to start cervical cancer screening within three years of becoming sexually active, followed by annual testing. After three normal Pap test results, subsequent screening was recommended every two or three years until age 70.

The updated guidelines by Cancer Care Ontario recommend starting Pap tests at age 21 for women who have been sexually active, with three-year screening intervals if test results are normal. The advice differs slightly from Canadian Task Force on Preventive Health Care guidelines, which recommends routine Pap tests for women start at age 25 and continue every three years until 70.

THE CANADIAN PRESS

Math & Science Tutoring in Vancouver

We offer a variety of services to meet your tutoring needs:

- 1-on-1 in-home tutoring
- Math and Science Tutoring Centre
- Final exam review courses

Math • Chemistry • Physics • Biology

604.612.0652
e: info@sealytutoring.com
www.sealytutoring.com

Sealy Tutoring

SHOPPING SPREE GIVEAWAY

JOIN THE KIT'S CELEBRATIONS. ENTER FOR YOUR CHANCE TO WIN A

$1,000

GIFT CARD FROM H&M

thekit.ca/shopping-spree-giveaway

THE KIT
5 YEAR ANNIVERSARY

H&M

No purchase necessary. Open to Canadian residents, 18 and older, excluding residents of Quebec. Contest begins at 12:00 AM, October 1, 2015 and closes at 11:59 PM, November 12, 2015. Odds of winning depend on total number of eligible entries received. Entrants must answer a skill testing question. Approximate value of each prize: $1000. Complete rules available at www.thekit.ca/shopping-spree-giveaway

No alcohol is safe during pregnancy, new report says

RESEARCH

Professionals reinforce dangers of drinking

Think a glass of wine is safe while you're pregnant? Think again, says a new report highlighting the dangers of drinking during pregnancy.

The report, published in the November issue of the journal Pediatrics, identifies prenatal exposure to alcohol as the "leading preventable cause" of birth defects and intellectual and neurodevelopmental disabilities.

"The biggest message is that alcohol use during pregnancy is not safe," said lead author Dr. Janet Williams, a former chair of the AAP's committee on substance abuse.

The clinical report from the American Academy of Pediatrics stresses expectant mothers shouldn't drink during any trimester of pregnancy, and reinforces the risk of fetal alcohol spectrum disorders or FASDs.

The umbrella term encompasses fetal alcohol syndrome — marked by certain facial features, such as smaller eyes, a thin upper lip, and a smooth space between the nose and lips — and a range of physical, emotional, behavioural and intellectual problems.

The report based its findings on the "large and growing body of research" that exists and did not include new original research.

The level of impact is somewhat dose-related, Williams said.

"Binge drinking — a big push of alcohol — is more likely to cause harm."

But Williams stressed modern evidence shows no amount is safe, despite misconceptions to the contrary.

"None of the evidence that has come out has said, 'Oh gee, we should loosen up on our beliefs,'" she said.

Even so, modern moms-to-be often hear mixed messages about drinking.

Toronto mother Jennifer Beer recalled seeing warning campaigns about drinking during pregnancy, but also heard differing advice from friends and health-care workers.

"When I was pregnant with my son, I mentioned to my midwife at one of my regular checkups that I was craving a glass of white wine. She looked almost shocked, and replied, 'You mean you haven't had anything to drink this whole time?'" Beer said.

Stade said clear messages are key so expectant mothers aren't confused. She agreed with the American Academy of Pediatrics report's main message that no amount of alcohol is safe during a pregnancy.

But she did raise concerns about the report alarming women unnecessarily.

"Some women do drink before they know they're pregnant, and I wouldn't want them to get so scared that it will cause fetal alcohol syndrome," she said.

"Reports like this have come out over the years and have really scared women and they want to abort." Stade said women who know they are pregnant should abstain from alcohol completely.

She suggested women talk to their doctor about consuming alcohol during pregnancy.

TORSTAR NEWS SERVICE

THE COSTS

A big societal impact

In Canada, more than 3,000 babies are born with FASDs every year, according to Health Canada. The damage caused by mothers drinking during pregnancy costs more than $5 billion a year, noted a 2009 paper in the Canadian Journal of Clinical Pharmacology, co-written by Dr. Brenda Stade, head of the FASD clinic at St. Michael's Hospital in Toronto.

TORSTAR NEWS SERVICE

> **None of the evidence that has come out has said, 'Oh gee, we should loosen up on our beliefs.'**
>
> The study's lead author Dr. Janet Williams on research on the effects of drinking while pregnant.

Moms-to-be often hear mixed messages about drinking while pregnant, but experts agree clear messages about the dangers of drinking are key so women aren't confused. ISTOCK

HEALTH TRENDS

Women's libido drugs get boost with release of Addyi

Most women with low sexual desire won't rush to get the first prescription drug to boost female libido as it became available over the weekend. But they may have more options down the road.

Addyi can't be taken with alcohol or certain other medications, which will likely limit its use. But experts believe those restrictions could spur development of better treatments for women's sexual problems after more than a decade of neglect by most of the world's large drugmakers.

Kim Wallen, a psychology professor at Emory University, says Addyi represents a historic milestone that may open the door to more drugs targeting desire in men and women. Where Viagra and other men's erectile dysfunction drugs work by increasing blood flow to the genitals, Addyi acts on brain chemicals associated with desire.

"This is the first time that a drug, for either men or women, has been approved strictly to increase sexual desire," Wallen says. "That legitimizes many other drugs that are in development."

Treatments for women's libido issues are an untapped financial opportunity for drugmakers. Analysts estimate the market could be worth over $2 billion, based on academic estimates that between 5 million and 9 million U.S. women may suffer from desire disorders.

But the area hasn't been a research priority for drugmakers in many years. Beginning in the 1990s, Pfizer, Bayer and Procter & Gamble all studied — then discarded — drugs targeting female libido.

Addyi itself was developed by the German conglomerate, Boehringer Ingelheim, then sold to Sprout Pharmaceuticals after the Food and Drug Administration rejected the medication due to lacklustre effectiveness and issues like nausea, fatigue and dizziness.

It took Sprout four years to win FDA approval for Addyi, which acts on brain chemicals associated with mood and appetite. The drug will come with a bold warning label about the risks of fainting if combined with alcohol or certain medications. Additionally, doctors and pharmacists must complete an online certification process to show they understand the drug's risks.

Dr. Lisa Dabney says several patients have asked her about Addyi, but they generally lose interest after she explains they cannot drink alcohol while taking the daily medication.

"It's definitely an option that's going to help patients," says Dabney, of New York's Mt. Sinai hospital. "But it's going to have a limited patient audience because of the alcohol restrictions and the fact that you have to take it every day."

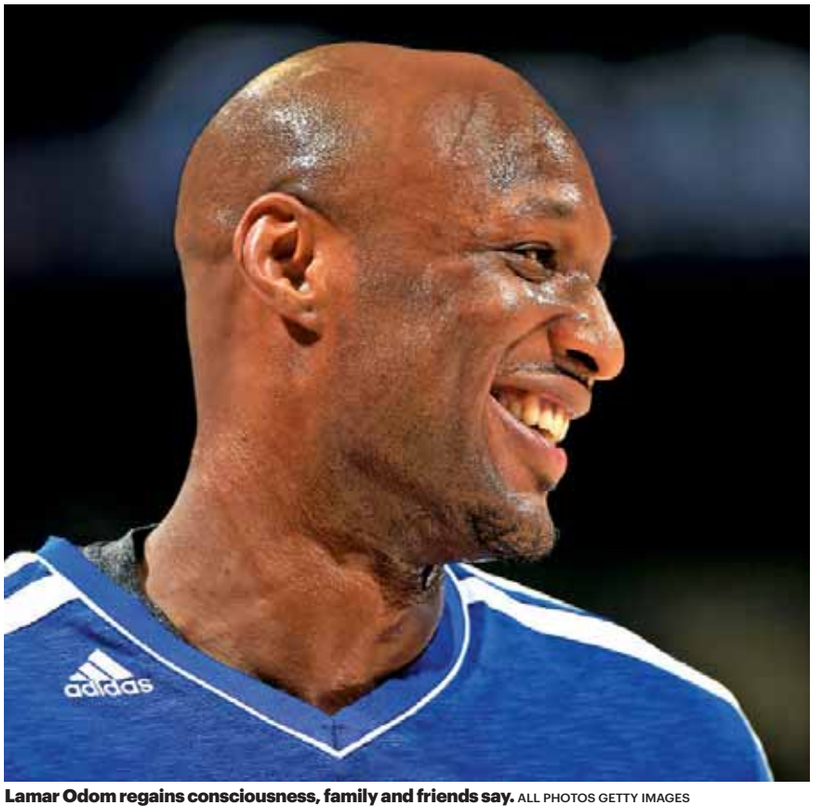
$200M

Analysts estimate Addyi could generate sales of $200 million annually. That's far below initial estimates of $1 billion.

There is revived interest in a handful of competitors developing alternate treatments. Those products include nasal sprays, injections and antidepressant pills. It could be years before any of them reach patients.

THE ASSOCIATED PRESS

Updates on Odom leaking to press



Lamar Odom regains consciousness, family and friends say. ALL PHOTOS GETTY IMAGES

MEDIA

Kardashians controlling the recovery narrative

Family members of Lamar Odom declined to comment on his condition or activities Saturday, a day after he regained consciousness and communicated — speaking and even giving a thumbs-up from his hospital bed — after being found in extremely critical condition at a Nevada brothel.

Alvina Alston, publicist for JaNean Mercer, Odom's maternal aunt and godmother, would not confirm whether Odom was breathing on his own or communicating more.

His movement on Friday was the first significant update on Odom's health since he was found unconscious and face-down at the Love Ranch in Crystal, Nev., on Tuesday afternoon.

Odom spoke a greeting and gave a thumbs-up, Alston said.

"He woke up, and he spoke," Alston said.

A person close to estranged wife Khloe Kardashian spoke on the condition of anonymity because she was not authorized to release details of Odom's condition to the press. She also said that he was able to say hi to Kardashian.

His former coach Jim Harrick in Los Angeles, who said Odom sounded upbeat on a call just a few weeks ago, said Kardashian told him that Odom is now off dialysis, and that he showed a response when she reached down to say "Lamar, I love you."

"Khloe has promised me she's going to stay by his bedside until she and him can walk out of the hospital together," Harrick said.

Authorities are still retracing Odom's $75,000, three-day visit to the brothel that started late afternoon Saturday, with blood-test results to determine what caused his medical episode still pending.

The brothel's owner and spokesman have said that he chose two women to accompany him in a VIP suite on his first visit to the ranch.

Odom had said that he had done cocaine before his arrival, and the brothel said they saw him drink alcohol and take as many as 10 supplements sold as "herbal Viagra."

One brand that he took, Reload, was the subject of a 2013 warning from the Food and Drug Administration, which said the pill contained sildenafil, the active ingredient in prescription Viagra.

The brothel also said he became upset Sunday following a phone call where his ex's Keeping Up with the Kardashians show was mentioned. But he was generally in a good mood, even suggesting that he stay an entire week at the brothel in the rural community.

Odom was then found unconscious there Tuesday with white and reddish substances coming from his nose and mouth. He was breathing and taken to Sunrise Hospital and Medical Center in Las Vegas.

Kardashian rushed to his side that night and since then, friends, teammates and loved ones, including his two children, have visited and posted messages on social media asking for prayers.

Kardashian had said her family won't be posting content on their apps while attending to his health crisis. The online message read: "As a family, we've decided to hold off on publishing content across our apps while we continue to support and pray for Lamar." THE ASSOCIATED PRESS

THE VIEW

O'Donnell gets sued

Ned Ehrbar
Metro | Hollywood

I'm guessing that Rosie O'Donnell really wishes she'd never gone back to The View.

O'Donnell, who left the chat show a second time in February, is now being sued by one of the show's former senior producers who claims O'Donnell slandered her and got her fired.

In the lawsuit, Jennifer Shepard-Brookman claims that O'Donnell "accused Ms. Brookman of teaming with (Whoopi) Goldberg to undermine Ms. O'Donnell," according to the Hollywood Reporter.

And also makes claim that O'Donnell "publicly accused Ms. Brookman of betraying professional and personal confidences and leaking sensitive information to the media" which led to her termination.

The View sure does sound like a delightful place to work.

INSTAGRAM

Lohan for president

What's one thing that could make Kanye West's 2020 bid for the presidency seem even the least bit plausible? An even more absurd celebrity contender, that's what.

Enter Lindsay Lohan, who took to Instagram this weekend to announce her intentions to run for president that year as well.

"In 2020 I may run for president," she posted along with a photo of her at the 2012 White House Correspondent's Dinner, giving West an at-mention and everything.

"The first thing I would like to do as president is take care of all of the children suffering in the world," she added with a photo of her and West together. "Queen Elizabeth showed me how by having me in her country."

Wait, what? Just be careful, people. I'm pretty sure this is how we end up with "Idiocracy."

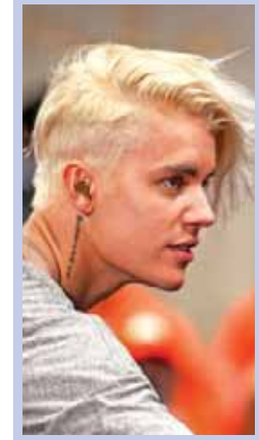
NED EHRBAR/METRO

GOSSIP BRIEFS

He's confident

Oh hey, were you hoping to hear more about that paparazzi photo of a completely naked Justin Bieber in Bora Bora?

Well, while I sit over here concerned about you, allow me to scratch that itch: Bieber sat down with Billy Bush of Access Hollywood to discuss the invasive incident, and he couldn't help but kick thins off with a bit of boastful banter.



"That was shrinkage for me," he said, because of course he did.

"My first thing was like, how can they do this?" Bieber continued more seriously.

"Like, I feel like I can't step outside and feel like I can go outside naked. You should feel comfortable in your own space. Especially that far away." NED EHRBAR/METRO

JOB SEARCH EXPRESS WORKSHOPS

Sign up for a free 4 day workshop series and get an express pass to Employment

Contact your local WorkBC Employment Services Centre

For information and to determine eligibility, contact us:

VANCOUVER WESTSIDE
300-2150 West Broadway
Tel 604.688.4666

NORTH SHORE
106 – 930 West 1st, North Van
Tel 604.988.3766

VANCOUVER SOUTH
Ground Floor, 7575 Cambie St
Tel 604.263.5005

Canada | British Columbia | The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia. | YWCA Metro Vancouver

A new dimension

Product design and development more economical with 3D printing

Jessica Wynne Lockhart

Many Canadian small business owners are embracing 3D printing as a cost-effective way of bringing products to market. SHUTTERSTOCK

The gift Sebastian Morgyn James received for his 19th birthday was life changing.

More than a year ago, his family helped him purchase a MakerBot Replicator 2, a 3D printer. The gift enabled him to drop out of OCAD University's advertising program and open BalloonChair, his own small business.

Using the basic drafting skills he learned in high school, James began prototyping his designs and selling them online. Through his Etsy shop, customers can custom order 3D-printed planters, masks, even earrings featuring former Toronto mayor Rob Ford's noggin.

Being able to manufacture his own products changed James' career path.

"Having a 3D printer is a huge educational tool for me," he said. "I had always wanted to start a small business and I come from an artistic background, so it was kind of perfect."

James is just one of the many Canadian small business owners embracing additive manufacturing, or 3D printing, as a cost-effective method of bringing products to market. Additive manufacturing is a $4.1-billion industry, with a growth rate of more than 33 per cent per year, according to a 2015 report by Wohlers Associates.

"It reduces the barriers to entry for manufacturing," said Matt Compeau, co-founder of Hot Pop Factory, a Toronto studio that helps businesses design and fabricate 3D-printed products. "Previously, if you wanted to bring your product to market, you needed millions of dollars to build moulds and dyes and to get it manufactured overseas."

Compeau understands this process first-hand. In 2012, Compeau and business partner Bi-Ying Miao launched a line of 3D jewelry, printed from their living room.

"It was a really interesting idea that we could design something, manufacture it and distribute it over the Internet from our apartment with basically zero start-up capital," he said. "That was pretty revolutionary in our eyes."

Today, Hot Pop Factory works with small businesses to help launch and design new products. Its clients include: Fashion designers who create textile designs impossible to recreate by hand; industrial designers who make wearable technology and accessories; and software and hardware start-ups building consumer electronic products.

The real benefit of 3D printing, Compeau said, is being able to create a realistic prototype — an invaluable tool, particularly for start-ups launching their ideas on crowd-funding sites such as Kickstarter.

> **Previously, if you wanted to bring your product to market, you needed millions of dollars to build moulds and dyes and to get it manufactured overseas.**
> Matt Compeau, co-founder of Hot Pop Factory

"For a few hundred dollars, if you have an idea for a product, it's possible to get it prototyped and hold it in your hand," he said.

Creating an item available to more and more consumers means appealing to a wider range of retailers.

According Darren Meister, associate professor of general management (entrepreneurship and innovation) at the Ivey Business School, it will be another two to three years before the technology becomes an affordable solution for most business owners.

"It's useful in design of prototypes of relatively small one-offs, but it's not at the point for production of general commercial scale items," Meister said. "It's still better to make it through other manufacturing processes."

He added that while there are still glitches to work out — 3D printers, for example, print products with rough edges, and sturdier materials, such as metal, are still expensive — now is the time for small businesses to embrace the technology.

"Change is coming at such a rapid rate that you just can't sort of say, 'It didn't work today, it's not worth it tomorrow.' Additive printing will eventually beat the other forms of printing because it's just fundamentally better."

Creating a brand and a voice

Nancy Ripton

As the blogging world becomes more saturated, bloggers need to be creative it they want to make money. SHUTTERSTOCK

You can work as much or as little as you like, do it from anywhere that has Wi-Fi access, and research only topics that interest you. On paper, blogging seems like the perfect career, but can you actually make money at it?

"The days of blogging being a business are dead," said Bridget Casey, a 29-year-old online finance guru and founder of MoneyAfterGraduation.com.

Casey started her blog in 2011 as a way to make herself accountable for paying off her student debt (which she accomplished in 22 months). After about a year, she found she had enough traffic to put up Google AdSense banner ads, and she started bringing in $25 to $50 per month.

As her traffic grew, so did her revenue, but it was hardly enough to quit her day job — at first. Casey soon branched out from banner ads and made enough money off her site to pay for her MBA and come out of her second degree debt-free.

As the blogging world becomes more and more saturated, bloggers need to be creative it they want to make money.

Brand promotion is the new banner advertisement. Brands are reaching out to bloggers, and brands and bloggers are connecting through networking. The result is long-term post campaigns, ambassadorships and sponsored posts.

"Sponsored content is what works for me," said Toronto blogger Ali Martell, 34, of alimartell.com.

She gets 10 to 15 pitches per day from companies offering to pay her money to promote their brand.

"I read every pitch and only select those that fit organically with my site," Martell said. "When the post goes live I need to be able to remove all the advertising and still feel good about the post."

In today's blogging world, most successful bloggers use their sites to create a brand, and then drive readers to another source of revenue.

Casey found that gaining a strong web presence opened the door for writing opportunities with finance media outlets and banks. She is now creating her own products (such as an e-course that teaches millennials how to invest in the stock market) and selling them on her site.

If you create a voice that readers can relate to, and give opinions that people believe, there will be countless opportunities to make money on your brand and to promote other brands. Create a blog because you love it, then seek out brands and readers who relate to and need your unique voice.

ARE BLOGGERS LOGGING OFF?

According to the 2015 Women's Blogging Industry and Business Annual Report, most bloggers aren't as fortunate as Bridget Casey, a 29-year-old online finance guru. Full-time blogging is on the decline, with just 22 per cent of bloggers spending at least 30 hours per week on their sites. That may be because the stats for making it rich are pretty grim, with 57 per cent of bloggers making less than $2,500 per year, and just eight per cent making more than $15,000 per year.

Rogers Talks, Advice & Insights for Small Business.

Join us at this year’s FREE **Rogers Talks**™ speaker series and get the answers to the questions that affect your small business from our handpicked selection of Canada’s most influential small business experts.

Morris J Wosk Centre for Dialogue | October 21st | 8AM – 12:30PM

Visit **rogers.com/rogerstalks** to register and learn more.

© 2015 Rogers Communications.

ROGERS™

metro SPORTS
Your essential daily news

Fox has hired Alex Rodriguez as an analyst for the rest of the ALCS and the World Series

Canucks can't convert vs. Oilers in overtime loss

NHL

Korpikoski scores winning goal for Edmonton

Cam Tucker
Metro | Vancouver

With Connor McDavid in the house, it was the Vancouver Canucks' failure to finish their numerous chances that stole the headlines.

Despite outshooting the visiting Edmonton Oilers, the Canucks fell by a final score of 2-1 in overtime at Rogers Arena on Sunday. Lauri Korpikoski scored the winner to end a frenetic 3-on-3 session, his shot on a brief breakaway just sliding through the legs of Ryan Miller and over the goal-line.

The Canucks dominated possession. The chances were there, like Daniel Sedin somehow chipping the puck over a wide open net with the score tied in the third period. But they couldn't convert.

The Oilers opened the scoring courtesy their prodigy McDavid.

In one swift motion, McDavid chipped the puck off the boards as he burst right by Canucks defenceman Luca Sbisa and set up Nail Yakupov — another of Edmonton's past first overall picks — for a one-time slap shot.

The Oilers' Lauri Korpikoski and Derek Dorsett get tangled up on Sunday night at Rogers Arena. BEN NELMS/THE CANADIAN PRESS

Yakupov seems to have developed chemistry playing on a line with McDavid. Between the two of them, they combined for five points, including three goals, in Edmonton's win over Calgary the night before.

The Canucks answered late in the period.

Matt Bartkowski buried a low wrist shot from the point that eluded goalie Anders Nilsson, with Bo Horvat providing traffic in front.

SUNDAY In Vancouver

OILERS	CANUCKS
2	1

For the 27-year-old Vancouver defenceman, it's the first NHL regular-season goal of his career, coming in his 137th career game.

"Feels good to get the goal," said Bartkowski.

"We played a healthy game. I feel like we should've won. We just gotta bury a few more chances. It's very frustrating. I could think of five (chances) off the top of my head that, in other games, they're probably going in.

"It's just one of those nights. I think guys were getting to the net for the most part, it's not like we weren't trying to score, it was just one of those nights where they weren't going in."

WHL

Poor start costly for Giants

Vancouver Giants head coach Lorne Molleken praised his team for a frantic third-period comeback attempt, but a dreadful start and late mistakes proved too costly in a 6-4 loss to the Red Deer Rebels on Saturday.

The Giants got off to a horrendous start, outshot 19-3 and down 2-0 on home ice after the opening 20 minutes. It was miraculous they weren't trailing by much more.

But Vancouver put together a valiant comeback, erasing a three-goal deficit which led to a wacky third period. Both teams combined for three goals in 37 seconds and five goals in five minutes and 10 seconds before the Rebels finally emerged victorious.

The chaos of junior hockey.

"Focus ... that hurt us here tonight," said Molleken. "There were lots of positives in this game. There was no give-up from this group so that's a positive."

The loss drops Vancouver's record to 4-4-1-1.

As close as the score ended up, early on it looked like the Giants would be embarrassed in front of their fans as the Rebels created wave after wave on the attack in the first period.

"The fact we came back showed a lot of character in our group," said captain Jackson Houck. "But the big thing is we can't start that way against a team of that calibre."

CAM TUCKER/METRO

Lions QB Jonathon Jennings is tackled by the Eskimos' Deon Lacey on Saturday. JASON FRANSON/THE CANADIAN PRESS

CFL

Lions cough up another late lead in loss

Another game, another fourth quarter falter. And, for the B.C. Lions, that meant another loss. At this time of the season, it's another knock against their playoff aspirations.

With rookie quarterback Jonathon Jennings making his fourth straight start, the Lions once again had the lead in the final quarter, only to be unable to either expand on it offensively or hold it defensively in a 26-23 loss to the Edmonton Eskimos on Saturday.

Close, against one of the top teams in the West Division. But in mid-October, close isn't good enough and consolation is useless. In back-to-back weeks now, the Lions have had the lead going into the fourth quarter and lost.

That keeps them even in the standings with the Winnipeg Blue Bombers and the Eastern Division's Montreal Alouettes, who would be looking to get into the post-season by way of the crossover.

That's the, um, good news. It could be worse. And it could still get worse.

All three of those teams have 10 points. All three of those teams lost this weekend. In fact, the Lions could've earned a four-point separation in the standings from both Winnipeg and Montreal had they been able to finish their last two games out.

Against a stingy Eskimos defence, Jennings completed 22 passes on 35 attempts for 229 yards, a touchdown and an interception, which came in overtime, leading to Edmonton's winning field goal.

Head coach Jeff Tedford described the loss as "gut-wrenching" to reporters in Edmonton.

"Give Edmonton credit for coming up with the win but again shot ourselves in the foot when we had opportunities," he said. CAM TUCKER/METRO

Jays eye repeat of series comeback

MLB PLAYOFFS

Royals hold upper hand as action shifts north of border

The Royals took a 2-0 series lead on Saturday thanks in part to a fly ball that fell between Blue Jays Jose Bautista, left, and Ryan Goins, and sparked a five-run rally in the seventh inning.
RICK MADONIK/TORSTAR NEWS SERVICE

The Toronto Blue Jays aren't letting themselves get fazed by a 2-0 deficit in a post-season series.

They dealt with one just last week.

Down 2-0 to Texas in the American League Division Series, the Blue Jays rallied to win the next three games of the best-of-five set and advance to the AL Championship Series. Now, after dropping the first two games of the best-of-seven ALCS in Kansas City this weekend, they're back in that familiar hole.

Any comeback this time will have to come against a tough Royals team that finished the regular season with an American League-best 95-67 record.

But the Blue Jays are up for that challenge.

"We've played from behind before," second baseman Ryan Goins said at a workout day at Rogers Centre on Sunday. "Playing from behind in a five-game series is different than playing from behind in a seven-game series. We have more life than we had last time. It'll be fun and I think we'll get back in this series."

"We seem to play a lot better when we're down 2-0, I think," added first baseman Chris Colabello. "You just go out and play the game. Whether or not we won or lost (Game 2 on Saturday), we're still going to go out and figure out a way to win the game."

Game 3, scheduled for Monday night at Rogers Centre, is the first of potentially three consecutive games at the Toronto stadium where the Blue Jays enjoyed a 53-28 record during the regular season.

The familiar artificial turf, the retractable roof, and of course, the loud Toronto fan base all help give the Blue Jays a true sense of home-field advantage.

"Any time we can play at home we're comfortable here," said centre-fielder Kevin Pillar. "We love the support we get, we love the enthusiasm, we love how loud it is.... We're excited. It's always nice to be home for a couple days, sleep in your own bed, have our families in town, get back into our routine of doing things we like to do when we're home."

None of that will matter if the Blue Jays' bats fail to get anything going against Kansas City ace and Game 3 starter Johnny Cueto.

Cueto, who was acquired by the Royals in a deadline trade with Cincinnati, went 4-7 with a 4.76 earned-run average through 13 regular-season starts for Kansas City. But he was dialed in for the Royals' Game 5, ALDS-clinching win over Houston last week, giving up just two runs on two hits and striking out eight over eight solid innings.

"He's one of the best in baseball," Toronto manager John Gibbons said. "They focused on him in the trade deadline as one of their prime targets and they went out and got him for these type of games.... He's another one of those guys that can overpower you. When he's on, he's awful tough."

Toronto will counter with its own hard-throwing right-hander in Marcus Stroman.

THE CANADIAN PRESS

NLCS GAME 2

Daniel Murphy homered off yet another ace. Noah Syndergaard turned in one more outstanding outing from the Mets' collection of studly young starters.

Power, pitching, plus some dazzling defence are falling into place for New York. The Mets breezed past the Chicago Cubs 4-1 Sunday night for a 2-0 lead in the NLCS.

Jake Arrieta had not even settled in when Murphy homered for the fourth straight game, a two-run drive in a three-run first inning.

Given the quick lead on a chilly night, Syndergaard kept the bats of Chicago's young sluggers on ice with shutout ball into the sixth inning. THE ASSOCIATED PRESS

Another week, another crash

NFL

Seahawks collapse yet again, 27-23 to Panthers

Richard Sherman and Earl Thomas exchanged baffled looks. They were unsure what happened other than seeing Greg Olsen standing in the end zone celebrating a winning touchdown.

After a week of vowing the fourth-quarter collapses were over, the Seattle Seahawks crumpled once again.

"It's very frustrating, especially when you know we had them," Thomas said. "We don't (stink). We know who we are. We're not finishing. We know we're going to be in those pressure situations every game."

Cam Newton was the culprit this time, leading a pair of long fourth-quarter touchdown drives and capping Carolina's rally with a 26-yard touchdown pass to Olsen with 32 seconds left in the Panthers' 27-23 win over Seattle on Sunday.

Pete Carroll
OTTO GREULE JR./GETTY IMAGES

It was the second straight loss for the Seahawks (2-4), who are facing a climb beyond just correcting their continued problems in closing out games. According to STATS, since 1990 only 14 of 168 teams to start the season 2-4 have reached the playoffs and none have ever reached the Super Bowl.

> **"It's very frustrating, especially when you know we had them.**
> Earl Thomas

"To be where we are right now, it puts us in a position of tremendous adversity for a team," Carroll said. "It calls on you a lot of stuff, but it calls on us to believe in the guys in the locker-room and believe in what we're doing and hang together until we get things right."

THE ASSOCIATED PRESS

AFC TITLE REMATCH PATRIOTS TOP COLTS Jonathan Newsome of the Colts sacks New England Patriots quarterback Tom Brady at Lucas Oil Stadium on Sunday in Indianapolis. The Pats were behind 21-20 at halftime, but Brady helped New England charge back for a 34-27 win in a rematch of last post-season's AFC Championship. JOE ROBBINS/GETTY IMAGES

IN BRIEF

Ticats on top in East after taking Als in Montreal

Jeff Mathews threw a touchdown pass to Terrell Sinkfield as the Hamilton Tiger-Cats took over top spot in the CFL East Division and ended a 13-year winless run in Montreal with a 23-11 victory over the Alouettes on Sunday.

Justin Medlock added five field goals and missed another for a single for the Tiger-Cats (10-5), who posted a fourth straight road victory and spoiled the Alouettes debut of veteran quarterback Kevin Glenn. THE CANADIAN PRESS

Raps top LeBron-less Cavs

Jonas Valanciunas scored 12 points, while Canadian point guard Cory Joseph added 11 off the bench to lift the Toronto Raptors to a 87-81 victory over a Cleveland Cavaliers team missing LeBron James.

It was a quiet night for both Kyle Lowry (six points) and DeMar DeRozan (seven). Toronto improved to 4-2 in the pre-season.

THE CANADIAN PRESS

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

skilled immigrant infocentre

Employment information for career decisions

A free service for immigrants to British Columbia

Vancouver Public Library Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3603 Web: *skilledimmigrants.vpl.ca*

Vancouver Public Library | WelcomeBC

RGIS
An Equal Opportunity Employer

Inventory Counters Wanted

Opportunities we offer:
- Flexible schedules
- No experience necessary
- Paid training
- Higher wages for high performers
- Hourly career path program

Join the Team That Counts. Apply Online WWW.RGIS.COM
Our recruiters will contact you to book an interview.

HALLOWEEN

WATTS COSTUME RENTALS
QUALITY COSTUMES SINCE 1935
NEW LOCATION! 3910 Charles St in Burnaby | 604-876-5611
WATTSCOSTUMES.COM

FINANCIAL

EVER FOREX
BEST EXCHANGE RATES GUARANTEED!
- Money Exchange
- Worldwide Money Transfer
- 24*7 Online Trading

Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)

Brokers Lamina

HEALTH AND WELLNESS

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE
ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604-360-7629 (SURREY, BC)

Are you confused? Broken hearted? Don't suffer in silence
Ms. Mia Spiritual Advisor
Specializing in removing negative energy, bad luck & jadoo from your home, business, love, life and happiness
decisions • secret affairs • soul mate • future romance
career success • reunite loved ones
Experience a *true master psychic* through spiritual reading that reveals past, present & future
Call for a free reading 604 484 8913

INDIAN ASTROLOGER & PSYCHIC READER
PASSED AWAY FROM GENERATION TO GENERATION, NOW IN SURREY, BC
PANDIT: RAJA RAM
FACE READING • PHOTO READING • 2 HAND READING
BIRTH TIME READING • HOROSCOPE READING
HE CAN HANDLE ANY PROBLEM | BRINGING LOVED ONE BACK
Helps in Job, Love, Business, Sickness, Education, Employment, Marriage, Court, Enemy, Black Magic, Secret Matters, etc.
IMMEDIATE RESULTS & GET LIFELONG PROTECTION | OPEN 7 DAYS A WEEK
100% Guarantee
604-897-5329
7646 - 120th Street, Surrey BC V3W 3N1

RECIPE Lentil Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You won't miss the meat in this earthy, zesty vegetarian dinner.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients
- 2 Tbsp olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 Tbsp chili powder
- 1 tsp cumin
- 1/2 cup brown lentils
- 2 bay leaves
- 2 cups water
- 1 x 19-oz can of white navy beans
- 1 x 19-oz can black beans
- 1 x 28-oz can of whole tomatoes
- 1 cup vegetable broth
- Salt and pepper to taste

Toppings: grated cheddar cheese, chopped cilantro, salsa, sour cream or Greek yogurt.

Directions

1. In large pot or Dutch oven, warm up the oil over medium heat. Sauté onions and garlic about 3 minutes. Now add spices and allow them to cook for a minute or two.

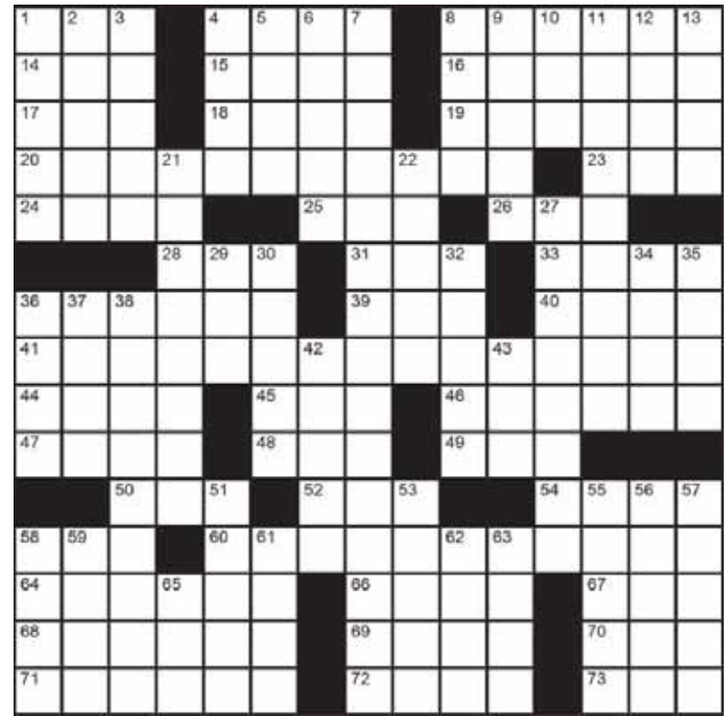
2. Add lentils, bay leaves and water. Bring to a gentle boil and simmer for 5 minutes. Now add the beans, tomatoes and broth. Simmer for 20 minutes. Check it for seasoning — you might want to add a little salt and pepper.

3. Serve the chili over rice or cornbread and top with grated cheese, sour cream or Greek yogurt, salsa or cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pertinent
4. Marx Brothers musical instrument
8. Billy __ (Canadian flying ace of WWI)
14. Pasturelands cry
15. 'Thought'-meaning prefix
16. Bay windows
17. Naja Haje
18. Sports org. in which FC Edmonton is a team
19. Cavalry swords
20. Voting Day 2015... Number of federal electoral districts in Canada, Three hundred and __-__
23. Foldaway bed
24. Simplicity
25. Sports org. for Eugenie Bouchard
26. Outback bird
28. New York sports arena [acronym]
31. The thing's
33. Too
36. Unkeyed, in music
39. Living leather's locale
40. Mineralogist's field, for short
41. It's provided in times of disaster or war: 2 wds.
44. Paradise
45. Keyboard erase button
46. Fragrances
47. Get gooey
48. Finish
49. Elevs.
50. Form of foreknowledge, for short
52. Vivacity
54. Family suffix in zoology
58. Magician's prop
60. Those in the same line of work as Big Joe Mufferaw
64. Crowd scene performers in movies
66. Grey __ (Unclear situation)
67. Edmonton transport service [acronym]
68. Defraud
69. Connected
70. Losing tic-tac-toe line
71. Trying-the-product person
72. French pronoun
73. Traveller's accommodation

DOWN
1. Taper off
2. "Doctor Zhivago" (1965) character
3. Carpet: French
4. Answer-needer's aid
5. "_ __ in the Life" by The Beatles
6. Fix the stitchwork
7. Voting Day 2015... One-of-some the party leaders faced off in during the time leading up to today's election: 2 wds.
8. Nonsense
9. Mad
10. Sis or bro
11. Powerful
12. Margarine
13. Head-turner in the library
21. Those things which are remaining
22. Amphibious reptile, e.g.
27. Milk of __ (Pharmacy item)
29. __ Diego
30. Soar
32. Basketball-in-basket sound
34. And __ __ goes (Thusly)
35. Alberta town
36. Cough, cough...
37. Sassiness, in slang
38. __ and stews (Foods cooked in "California" by Joni Mitchell)
42. Hr. not too far from midnight: 2 wds.
43. Perform
51. Locale
53. Riskiness
55. Nero's 661
56. Goodyear headquarters in Ohio
57. Town in western Saskatchewan
58. Bulk
59. Car part
61. __-friendly
62. Whirl
63. BC-mined stone
65. Soak flax

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good fortune will come your way this week and don't let anyone tell you that you do not deserve it. On the work front you will see openings and opportunities before your rivals.

Taurus April 21 - May 21
You must watch what you say today. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person it could be you who suffers.

Gemini May 22 - June 21
You expect perfection, of yourself and others, but the planets are urging you to be less demanding. You don't have to push yourself to your limits and beyond. Others would like you to be more laid-back, too!

Cancer June 22 - July 23
You can now start to give form to a dream that you have been carrying round in the back of your brain for many years. It might be outrageous but it's what you want to do.

Leo July 24 - Aug. 23
You need to get serious about a long-term ambition. There is every reason to believe that some kind of breakthrough is imminent, but don't just sit there and wait for good things to land in your lap.

Virgo Aug. 24 - Sept. 23
If there is something you have wanted to do for years but never quite got around to, now is the time to get your act together and show the world what you are capable of.

Libra Sept. 24 - Oct. 23
If you trust your instincts and follow your hunches over the next few days you can and you will accomplish great things. Anything of a creative nature is especially well starred.

Scorpio Oct. 24 - Nov. 22
No matter how difficult recent weeks have been what happens today and tomorrow will surely convince you that a corner has been turned and the good times will soon be back.

Sagittarius Nov. 23 - Dec. 21
Get rid of all feelings of regret and remorse. There are some things you did that you now wish you had not, and there are some things you did not do that you now wish you had, but so what? Live for the moment.

Capricorn Dec. 22 - Jan. 20
What goes right over the next few days will more than outweigh what goes wrong. You seem to have a knack for knowing who the winners will be.

Aquarius Jan. 21 - Feb. 19
What is it that you really want? The message of the stars today is that you will never be truly happy unless you do your own thing, but first you must be clear in your mind exactly what that is. Think then act.

Pisces Feb. 20 - March 20
You will be swamped with offers over the next few days and you may have a hard time deciding which ones to accept and which ones to reject. Ask a trusted friend or family member.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7								5
	1						2	
	6		5	2	9		8	
			1	8	3			
3								7
			7	5	6			
	2		6	4	7		3	
	9						4	
5								2

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

SRI CHOWDESHWARI ASTROLOGER CENTER
Psychic Fortune Teller Pandit: JAANAKI RAM
Expert in Palm Reading, Face Reading & Chat Reading
He performs all types of Pujas for all Problems
Special Pujas for Full Moon & Dark Moon
101% Guarantee
An Expert Pandith at Your Service. He can tell Past, Present and Future of your life. He will give advice and solution for any kind of Problems.
If you are disappointed with other astrologers meet the knowledgeable Pandit (Jaanaki Ram) & get the permanent solution of all problems in 11 days.
Bring loved ones back! Private & Confidential! Call Today!
604.761.6610 72 AVE & 122 ST. SURREY, BC

VEDIC ASTROLOGER & SPIRITUAL HEALER
Pandit Ravi Shankar
Born in Generations Spiritual Family.
Know your past, present & future
GET HELP IN *LOVE *RELATIONSHIP * FAMILY *CHILDREN *CAREER *BUSINESS *SPIRITUAL *NEGATIVITY *BLOCKAGE & MORE
604.725.2666 or 604.551.2266

HANUMAN ASTROLOGER & PALM READER
Pandit: Durga Prasad
Expert in Palm and Face Reading, Horoscope, Numerology, Vastu Shastra
I CAN TELL YOUR PAST, PRESENT & FUTURE
Marriage * Husband-Wife Problems * Job * Relationship * Kids Problems
Business * Spiritual Evil Effects * Enemy * Court * Property * Family etc.
SPECIALIST IN: BRINGING LOVED ONES BACK
IF YOU HAVE PROBLEMS I HAVE 100% GUARANTEED SOLUTIONS
Removes Black Magic, Jadoo, Voodoo, Buttu, Witch Craft & Gives 100% Protection
100% PRIVATE & CONFIDENTIAL - OPEN 7 DAYS
778-238-8202 / 604-512-2304
6049 Fraser St., Vancouver / 128 St & 80 Ave., Surrey

news

ELECTION NIGHT SPECIAL

This night is about you.

LIVE commercial-free election coverage. Political analysis. In-depth reporting. Real-time results from neighbourhoods across the country.

CBC news network

Starting at 3:30 pm

As the momentum builds across the country, the experts will bring you real-time results.

88.1 FM radio one 690 AM LIVE

Starting at 4 pm

Susan Bonner, Chris Hall, Michael Enright and the CBC News Team will deliver the latest results, stories and analysis.

cbcnews.ca/canadavotes

Follow along online with CBC News' digital election coverage designed with you in mind. Featuring LIVE streaming and a completely customizable feed.